MAK DENTAL

***480 Redwood Street, Suite #13 Vallejo CA 94590 Tel: 707-554-2600***

Homecare Resin Fillings

Rinse with warm salt water



**Homecare recommendations**
Now that we’ve placed your resin filling, it’s important to follow these recommendations to ensure its success.

**Chewing and eating**
If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

**Brushing and flossing**
Brush and floss normally.

If your teeth are sensitive to hot, cold, or pressure, use a desensitizing toothpaste. If sensitivity persists beyond a few days, call us.

**Discomfort**
To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It’s normal for your gums to be sore for several days.

**When to call us**
Call our office if your bite feels uneven, you have sensitivity or discomfort that increases or continues beyond three or four days, or if you have any questions or concerns.