MAK DENTAL

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

Homecare Resin Fillings

Rinse with warm salt water

[](https://www.caesycloud.com/PageViewer.aspx?eqs=azMwx%2bnW4nAkTvd9USyCAQESXvCflDqAGMe%2b51SgW%2fw%3d)

**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.