



Resin (White) Fillings

Homecare Recommendations

- **Chewing and Eating**

When you get home from your appointment you may still be numb if anesthetic was used during the procedure. If possible, try to avoid eating until the numbness has worn off completely.

- **Brushing and Flossing**

You can brush and floss normally.

- **Discomfort**

It is normal for your gums to be sore for several days. If you like, you may rinse your mouth up to 3 times a day with one teaspoon of salt per glass of warm water. If your teeth are sensitive to hot, cold, or pressure, try using a desensitizing toothpaste.

- **When to Call Us**

Call our office if your bite feels uneven, you have sensitivity or discomfort that continues or increases beyond 3 or 4 days, or if you have any questions or concerns at (703) 870-7784.