



West River Dental

Homecare after Resin Fillings:

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 completely worn off. Your lips, teeth, and tongue may be numb for several hours.

Brushing and Flossing:

Brush and floss normally.

If your teeth are sensitive to hot, cold, or pressure, use a desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call West River Dental to discuss whether an additional visit is needed.

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 persistent sensitivity or discomfort that increases or continues beyond three to four days, or if you have any questions or concerns.