

RESIN FILLINGS AND MOUTHGUARD

Post Treatment Care

Now that we have placed your resin fillings, oral health is **your own responsibility** so it's very important for you to follow these recommendations to ensure success.



CHEWING AND EATING: These must be avoided during the **first hours after the treatment**. When the numbness from anesthesia stops, you'll be able to eat **soft foods only during the first day**. Your dentist might give you other indications depending on your needs.



BRUSHING AND FLOSSING: If your teeth are **sensitive** to hot or cold, or if you feel **pressure** during the first days after treatment, we recommend you to use a **special toothpaste for sensitivity**. But if it persists **after 10 days**, please call us to get some medical advice or to arrange a check out appointment.



DISCOMFORT: It's normal to feel your **gums sore for several days after having fillings**. To reduce discomfort, **rinse your mouth 3 times a day with warm salt water**.



WHEN TO CALL US:

If your bite feels **uneven**, or if you have **sensitivity or discomfort** that increases or continues **10 days after the procedure**, call us as soon as possible to arrange a check up appointment.

MOUTHGUARD



HOME CARE: A **custom night guard** is a protective device for the mouth that covers the teeth and gums to prevent and reduce injury to the teeth. It is a personal care item, and it requires **regular cleaning** to prevent damage and growth of bacteria. Proper **care and maintenance** will help you prevent **damage** to the device, and develop **health problems**.

RECOMMENDATION: In the morning, following each use, rinse the night guard well with cool water. About once a week, you should give your guard a deeper cleaning with cold water, toothbrush, toothpaste, or mouthwash before placing it in its container. This will prevent bacterial growth.