



POST TREATMENT CARE

RESIN FILLINGS AND MOUTHGUARD

● RESIN FILLINGS

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.



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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 out 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 more deep cleaning with cold water, toothbrush, toothpaste, or mouthwash before placing it in its container. This will prevent bacterial growth.

IN THE U.S. CALL (928) 257 1307

TOLL FREE (855) 726 4337