

## CARE FOLLOWING DENTAL PROCEDURES

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Proper care of the mouth following most dental procedures can reduce complications and speed healing process.

- Discomfort- Following dental procedure some discomfort is normal. Take Aspirin or Ibuprofen as needed for discomfort before numbness wears away. If medication has been prescribed, take as directed.
- Rinse- Start warm salt rinse day of procedure. Rinse 2 – 3 times daily for 3 – 4 days. Use a pinch of table salt in 4 oz. of warm water. YOU SHOULD NOT TASTE SALT.
- Flossing- Continue to floss area where work has been done. Snap through contact (between two teeth), then release one side of floss and pull through.
- Eating-
  - \*\*Silver Amalgam Filling**: Avoid eating on that side for 3-4 hours. You may consume liquids immediately following the procedure.
  - \*\*White Composite Filling**: You may consume both food and liquids immediately following this procedure.

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