Homecare Permanent Indirect Restorations

Homecare recommendations

Now that we've placed your permanent inlay or onlay, it is important to follow these recommendations to ensure its success.



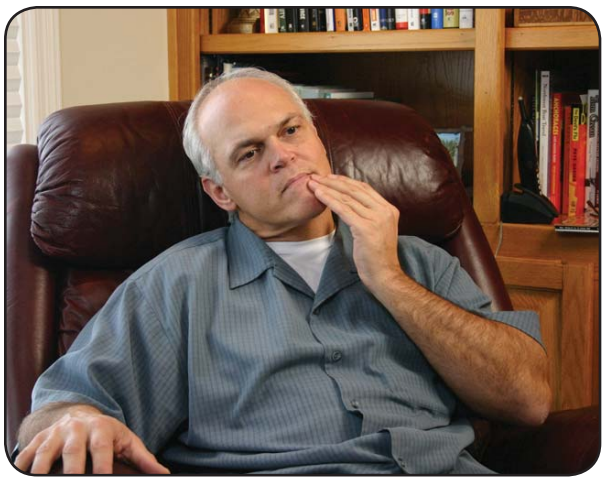
Use desensitizing toothpaste



Take medications as instructed



Call if sensitivity or discomfort continues



Wait until numbness has completely worn off

Chewing and eating

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

To protect your inlay or onlay, avoid chewing ice or other hard objects.

Brushing and flossing

Brush and floss normally.

If your teeth are sensitive to hot, cold, or pressure, use desensitizing toothpaste. If sensitivity increases or persists beyond a few days, call us.

Medication and discomfort

Take antibiotics or other medications only as directed.

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

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