

## POST-CARE INSTRUCTIONS: RESIN FILTRATION TREATMENT

Today we treated your child's teeth with resin filtration to improve the appearance of white spots and strengthen the enamel. This procedure is non-invasive and does not require any "drilling" or numbing.

- Eating and Drinking: Since no local anesthetic was used, your child may eat and drink immediately after leaving the office.
  - For the next 24 hours, please avoid highly pigmented foods and drinks that could stain a white shirt (such as berries, soy sauce, ketchup, or dark sodas). The treated enamel is most "thirsty" and prone to picking up stains during this first day.
- Oral Hygiene:
  - You may resume normal brushing and flossing immediately.
  - Keeping the area clean is the best way to maintain the beautiful results of the treatment.
- What to Expect:
  - Sensitivity: While rare, some children may experience minor gum sensitivity for a few hours due to the specialized equipment used to isolate the tooth. This will resolve quickly on its own.
  - Visual Changes: The white spots should appear faded or blended. In some cases, the full aesthetic result continues to improve over the next 24 to 48 hours as the tooth rehydrates.
- Long-Term Maintenance:
  - Resin filtration is a durable treatment, but like natural enamel, it can still be affected by poor hygiene or frequent intake of acidic drinks.
  - Regular professional cleanings and check-ups are essential to monitor the treated areas.
- If you notice any unusual sensitivity or have questions about the appearance of the treatment, please don't hesitate to call our office.

