



Homecare — Permanent Onlays

For your dental health.

How to care for a permanent onlay

Now that we've placed your permanent onlay, it's important to follow these recommendations to ensure its success:

Chewing and eating

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

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



Use desensitizing toothpaste

Brushing and flossing

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



Take medication as directed

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 1 teaspoon of salt per glass of warm water. It's normal for your gums to be sore for several days.



Rinse with salt water

When to call us

Call our office if your bite feels uneven, you have persistent sensitivity or discomfort, or if you have any questions or concerns.