

**FILLINGS - TEMPORARY OR PERMANENT**

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- 1** Purchase Dentemp from a pharmacy.
- 2** Rinse mouth thoroughly with warm water.
- 3** Mix powder with water to make a paste with a consistency like toothpaste.
- 4** Roll into a small ball and seat on the tooth. Press down with a wet cotton roll and wipe off the excess.
- 5** Wait an hour prior to eating on the tooth.
- 6** Contact the office to be seen as soon as possible.