



**Bansi Mithani Doescher, DMD**

PHONE 215-709-0001 FAX 215-709-6002 EMAIL [team@gosmileteam.com](mailto:team@gosmileteam.com) WEB [gosmileteam.com](http://gosmileteam.com)

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Below you can learn about what to expect once you get home from our office. Read over this page, follow the instructions, and everything should be great. If you have any questions, please feel free to reach out!

### **Sensitivity**

It is normal to experience some sensitivity to cold, hot, and pressure following the procedure. These symptoms can **last up to 6 month to fully resolve**. As long as the sensitivity continues to decrease, there is no need for concern.

### **Gum Discomfort**

Following the procedure, your gums may feel tender. The anesthetic injection site may also feel sore. Rinsing with warm salt water and taking an analgesic such as Tylenol or Advil can help decrease discomfort.

### **Bite**

After placing your new restoration, it may take a few days to get used to. If your bite feels uneven after a week, please call our office to set up an appointment for a simple adjustment.

### **Eating**

Avoid chewing on the numb side of your mouth following the procedure to prevent biting your cheek, lip, or tongue. White fillings set immediately after they are placed, so after the numbness wears off, you can chew as you normally would.

### **Home Care**

Although the filling is quite durable, the tooth is still vulnerable to decay. It is important to resume regular brushing and flossing as well as regular dental visits. This will increase the longevity of your new restoration.

### **Having Issues Still?**

If your bite feels uneven, if you have persistent pain, or if you have any other questions or concerns about your composite fillings, please respond to this email or call the office at 215-709-0001.