



**KHANNA DENTISTRY**  
PC  
[www.genevasmiles.com](http://www.genevasmiles.com)

## **COMPOSITE FILLINGS**

Today we placed fluoride releasing resin-composite fillings in your teeth. Despite the fact we applied a desensitizer in each of your teeth; it is not unusual for you to experience sensitivity to hot and cold temperatures. To minimize the sensitivity, we recommend that you avoid extreme temperatures for the next 48 hours. We also recommend that you avoid chewing until the numbness has worn away. This takes approximately 2-3 hours (sometimes longer). If you need to drink something, then please use a straw. When the numbness does subside, do pay attention to your bite and how your teeth come together. Should it feel the slightest off or high, like you are touching one side before the other, please call the office right away. Having Dr. Khanna adjust this interference sooner will prevent significant discomfort.

## **ANESTHETIC**

Even though Dr. Khanna makes every effort to administer the local anesthetic in a painless and non-traumatic manner, you may experience some tenderness in the area of which the anesthetic was administered. If you feel any signs of discomfort, then we recommend taking an anti-inflammatory such as Ibuprofen (Advil, or Motrin), to minimize any discomfort.

As always, please call Dr. Khanna if you have any questions or concerns regarding your treatment.