PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · RESTORATIONS

CARE AFTER TOOTH-COLORED (COMPOSITE) FILLINGS

Recommendations to care for your composite fillings and restorations from PureSmile Miami.

1 LOCAL ANESTHESIA AND EATING

- **Numbness:** Avoid chewing or eating solid food while the local anesthesia lasts, so you do not accidentally bite your cheeks, lips or tongue.
- **The filling is hard right away:** The composite is fully hardened in the chair with a curing light, so you can chew normally once all feeling has come back.

2 SENSITIVITY AND YOUR BITE

- **Hot and cold sensitivity:** Mild sensitivity to cold or heat during the first few days is normal. It will fade gradually.
- **Check your bite:** Once the numbness is completely gone, your teeth should fit together exactly as before when you close or chew. If the new filling **"hits" first or feels high**, call us for a quick adjustment at the office.

3 PROTECT YOUR FILLINGS

- **Habits to avoid:** Do not use your restored teeth to open packages, cut thread or bite very hard objects (ice, nails, bones), to prevent fractures or chipping.
- **Daily hygiene:** Keep brushing 3 times a day and flossing daily to keep your gums and teeth healthy.

4 REGULAR CHECKUPS AT PURESMILE MIAMI

- **Don’t worry about remembering your checkup! We will remind you when your next routine visit is due, every 6 months, to check your fillings.**

DOES YOUR BITE FEEL HIGH?

We are here to help. If something feels high when you bite or the discomfort persists, call us at **(305) 787-3642** to schedule a polish or adjustment.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-composite-fillings

Patient Care Team
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