

Filling Post Op Instructions

If your child received local anesthetic today, please watch them closely for chewing or biting of the lips or cheek for 1-2 hours. Numbness may last several hours; every child is different. Be aware that scratching, sucking or biting numb area are common with local in children and can create a large canker sore and significant injury.

Avoid hot liquids while area is numb. Cold liquids and/or popsicles may feel good to the numb area. Your child may drink right away and may eat as soon as the local anesthetic wears off. We want to be cautious that your child doesn't accidentally bite his/her lip.

When the numb area is "waking up" it may feel like "tingles" or "sparkles", do not be alarmed, this is to be expected. Do not scratch, pull or poke area.

Standard White Composite Filling: When the child leaves our office, the filling will be as hard as it will ever get. If not local anesthetic was needed, there are no dietary restrictions and your child may eat or drink right away.

Sealant is placed over white fillings, this sealant may feel "slippery or smooth" for a day or two. After a few meals this feeling should go away. The filling should not, however, feel taller than the surrounding teeth. They often feel taller than the surrounding teeth while numb but the bite feels normal after the numbness wears off. If this is not the case, please call our office so that we can polish the sealant down a bit.

Sticky and hard candies (i.e. Taffy, Jolly Ranchers, etc), while NEVER a good idea, are really a bad idea after having white fillings. These fillings can chip or break with this kind of candy.

White fillings on front teeth are vulnerable to fracture, please avoid biting into hard food and food that needs to be "pulled" (i.e. pizza crust). Cut this food up before eating.

Alloy Filling: This is a silver filling will not be as hard as it will be until 24 hours after procedure. Your child's diet should consist of soft foods, no hard or crunchy foods during this time period.

Flossing and brushing after filling placement is extremely important, teeth that have had cavities are more vulnerable to more cavities, even after they have a filling.

Please do not hesitate to call our office with any questions you may have.

