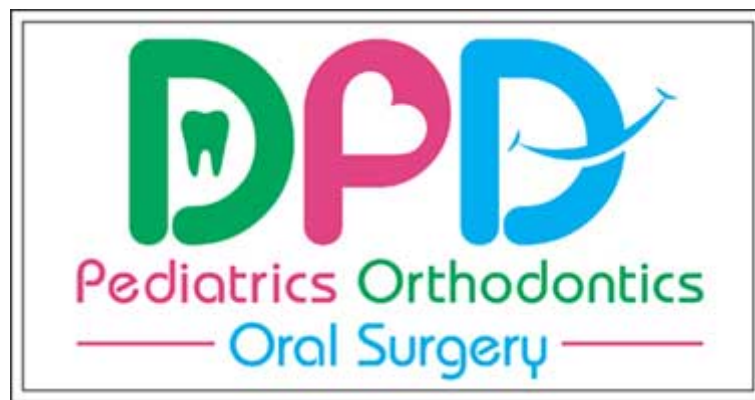


Post Filling Instructions

- If your child received local anesthetic today, please watch them closely for chewing or biting of the lips or cheek for 1-2 hours. Your child may drink right away and may eat as soon as the local anesthetic wears off.
- **White Composite Filling:** When the child leaves our office, the filling will be as hard as it will ever get. If no local anesthetic was needed, there are no dietary restrictions and your child may eat or drink right away.
- **Sealant:** A sealant may be 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.
- **Diet:** 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.

- **Oral Hygiene:** 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.



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