

## POST-TREATMENT INSTRUCTIONS: FILLINGS & CROWNS

Your child received a restorative treatment today to repair and protect their tooth. To ensure the best healing, please follow these guidelines:

- If local anesthetic was used, your child's lips, cheeks, and tongue may be numb for 2 to 4 hours.
- Children may find it difficult to understand the sensation of being numb after a dental appointment. It is important to reassure them that the "funny feeling" will go away in a couple of hours.
- It is imperative that you watch your child to prevent trauma to your child's lips or cheeks. Children often bite, scratch, or chew on their numb lip or cheek without realizing it, which can cause significant swelling or a "fat lip."
- Eating: We recommend waiting until the numbness is completely gone before eating. If they are very hungry, stick to soft foods (yogurt, smoothies, applesauce) and ensure they are lukewarm, not hot.
- If your child received a crown please avoid sticky, chewy, or gummy candies (like taffy, caramels, or fruit snacks). These can pull on the crown and cause it to loosen over time.
- Regular Activity: Your child can return to school or play immediately, but please be mindful of the "numbness window" mentioned above.
- Sensitivity: It is normal for the tooth to be sensitive to hot, cold, or pressure for a few days. The injection site may also feel slightly sore.
- Gum Redness: The gums around the treated tooth may appear red or irritated for 24-48 hours. This is a normal part of the healing process.
- The Bite: The new restoration may feel "different" at first. However, if your child complains that their bite feels uneven or "wrong" after a few days, please call our office for a simple adjustment.
- If your child experiences discomfort once the numbing wears off, you may give them over-the-counter children's Tylenol (Acetaminophen) or Ibuprofen.

