



GLASS IONOMER RESTORATION POST-OPT INSTRUCTIONS

Your child has had their teeth treated with a glass ionomer restorative filling or sealant material today.

For 48 hrs, please eat soft foods only, and use caution to avoid hard, crunchy foods while the material reaches its maximum strength and hardness.

Suggested foods:

Soup

Macaroni and cheese

Scamble eggs

Smoothies

Ice cream

Apple Sauce

Jello

Yogurt

Oatmeal

Mashed Potatoes

It is always a good idea to avoid chewing ice or hard candies to prolong the life of your child teeth and restorations

