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After Care Instructions for *Restorations (Fillings)*

Today your child had his/her cavities cleaned and restored with tooth-colored fillings. Tooth-colored fillings mimic the color and texture of natural teeth, are often unnoticeable and are recommended to treat cavities that are small to moderate in size. If you were informed that a pulp cap was placed, it will function as a protective barrier beneath the filling, over the nerve of the tooth.

As the teeth and gums recover from the filling procedure, we request that you please follow these instructions:

1. A **soft diet** is recommended for the day as your child adjusts to the filling in his/her mouth.
2. Your child may express discomfort and sensitivity at the tooth/gums where the filling was done. Over the counter pain medicine (i.e. Tylenol or Motrin) may be given at the appropriate dose to eliminate any discomfort
3. Although your child's bite is checked after the filling is placed, it may take some time for the tooth to feel "normal" again. Please wait **at least 7 days** before returning to our office as it may take that long for the bite to return to normal.
4. It is important to maintain **good oral hygiene** with proper brushing twice per day and regular daily flossing. Teeth with a history of cavities are more likely to have cavities in the future.
5. **If** local anesthesia was given to put your child's "tooth to sleep", it will wear away within the next **2-3 hours**. It will be important to watch your child to ensure he/she does **not** suck or bite his/her tongue, cheek or lip. Please know that some children become very upset and even hysterical complaining of "pain" when they realize that their mouth "feels different". **Please do not be alarmed!** Do reassure your child that the tooth will wake up and that the "funny feeling" will go away soon.
 - a. If you child **does** bite/suck his/her tongue, cheek or lip, the area will turn into a whitish colored scab. **Please do not be alarmed!** It is **not** infected and will heal within 5-7 days. Apply an ice pack, 15 minutes on/off for the first three days for an hour, three times a day. You may give your child Tylenol or Motrin as needed. Please call the office **immediately** if the wound does **not** appear to be healing in 5-7 days or appears to be infected.

If you have any questions/concerns, please call the office at **571-799-0559**.

