



PEDIATRIC DENTAL
SPECIALISTS OF WEST MICHIGAN
STEPHANIE KLOOSTRA, DDS, MS • KATHRYN SWANSON, DDS

RESTORATIONS POST-OP INSTRUCTIONS

If your child was anesthetized (numbed), you can expect them to stay this way for 1 - 4 hours. The lower teeth/tongue may stay numb a bit longer than the upper teeth. To avoid damage to your child's tongue, cheeks or lips, avoid eating, chewing or sucking as long as possible until the numbness wears off. A soft food diet is recommended until your child regains feeling in the numbed area.

Composite (tooth-colored) fillings harden immediately, so as soon as the numbness wears off they can chew normally. With stainless steel crowns, your child should not chew hard or sticky foods indefinitely. Try to have your child chew on the opposite side of their mouth for the first 24 hours. With fillings/crowns on front teeth, your child needs to avoid biting into hard/sticky foods (cutting up apples, etc.) to avoid pulling the filling/crown off.

Daily brushing and flossing are essential to maintain your new dental work. Removal of plaque on a daily basis is critical to the long-term health of your teeth, gums, and success of your dental work, as are routine professional cleaning appointments.

It is NORMAL to experience some sensitivity to temperatures (especially cold) and sensitivity to biting pressure. Depending on the size and depth of the restoration, SENSITIVITY MAY LAST FOR A FEW DAYS TO MANY WEEKS AND/OR MONTHS. The sensitivity will gradually become better with time. Taking Tylenol or Ibuprofen will help with this. However, if sensitivity gets worse, the tooth starting hurting on its own, or your child has throbbing or swelling, please call the office IMMEDIATELY at (616) 608-8898.

While your child is numb, it can be difficult to tell precisely where your child's normal bite is. After the numbness wears off, if your child's bite doesn't seem right, please give our office a call and we can easily adjust the filling to make it more comfortable.

New fillings can feel rough to the tongue at first. The fillings will gradually smooth out when chewing and brushing normally.

Pediatric Dental Specialists of West Michigan
2155 E Paris Ave SE, Ste 120
Grand Rapids, MI 49546
(616) 608-8898