



POST-OP FILLINGS (PEDO)

| DOB:

COMPOSITE FILLINGS

Post-Operative Care Instructions

Your child's new fillings are fully hardened before they even leave the office; however it is wise to chew on the opposite side from the location of the newly placed filling(s) until the anesthetic has fully worn off. One of the most common problems following filling placement with anesthesia, is an incorrect bite. If your child complains that their bite feels uneven, please call our office so we can get them scheduled for a quick adjustment.

Local Anesthesia

- When anesthetic has been used, your child's lips, teeth and tongue may be numb for several hours after the appointment.
- Please help your child refrain from chewing until numbness has completely worn off. It is easy to bite or burn their tongue or lip while numb.
- Avoid eating for at least 2 hours and/or until the anesthesia has worn off.
- Your child may experience discomfort in the gum tissue or jaw muscle where the anesthetic was injected.

Pain Management

- If your child is in discomfort after their procedure, over the counter pain relievers can be administered at home.
- Tylenol, or ibuprofen are best to relieve short-term dental discomfort. Please contact your pediatrician for the recommended dosage for your child.
- If your child is allergic to these medications or has a medical condition that would prevent you from taking these medications, please contact their pediatrician for an OTC recommendation.
- It is normal for your child to experience some hot, cold and pressure sensitivity after their appointment. Hot or cold sensitivity may linger for several weeks after the placement of the fillings. Usually these symptoms will subside over time.

Brush, Floss & Smile!

- We recommend resuming normal brushing, flossing and rinsing immediately. Keeping their new fillings clean is very important.
- If brushing hurts, they may want to avoid the crown area for 1-2 days.
- Mouthwash can be used the night of the procedure unless your child experiences discomfort. Wait 1-2 days before using mouthwash again to give gum tissue time to normalize.

Please contact our office (908) 376 9297 if your child is experiencing symptoms not indicated above, are in need of a bite adjustment, or if you have any questions for Dr. Beth Herko regarding their dental care.

Patient's signature:

Date:

Doctor's signature:

Date: