

Care after Fillings/Crowns/Pulp Therapy:

- 1. Your child will experience numbness for approximately 1-2 hours.**
- 2. Watch that your child does not bite his/her cheek, lips, or tongue. We have provided a take-home pack of cotton rolls. Placing a cotton roll in your child's mouth on the treated side helps minimize lip or cheek biting. We recommend that you keep your child out of school and activities until the numbness has completely worn off. Supervision with an adult is necessary.**
- 3. During the first 24 hours following the appointment, follow a soft food diet, as your child may be experiencing some soreness.**
- 4. If a stainless steel crown is inserted, avoid sticky foods. Stainless steel crowns sometimes require an adjustment period since they feel and function differently than teeth. This adjustment period varies depending on each individual child.**
- 5. When a white crown is placed, for the front teeth: although these crowns restore the shape and esthetics of teeth, they do not function similar to regular teeth. These crowns are not as strong as teeth, therefore they are more susceptible to chipping and fractures. Have your child avoid hard and sticky foods, as long as they have the white crowns. It is usually best to cut food (E.g. apples) into small pieces and chew with the back teeth.**
- 6. Give Ibuprofen (Tylenol, Advil or Motrin) for discomfort prior to the numbness wearing off if extensive treatment has been performed or only if your child is experiencing discomfort. It is not unusual for your child to have some sensitivity 1-3 days after dental treatment, especially if extensive treatment has been completed.**
- 7. As with all dental procedures, the longevity of fillings, Pulp therapy and crowns varies with each individual. Effectiveness of dental work is influenced by bite patterns, grinding, chewing ice or hard candy, and bacterial plaque levels. Good oral hygiene is CRUCIAL. Soft drinks, carbonated drink, juices, excessive sugar intake should be avoided or minimized. The bacteria in the mouth convert soft drink sugars into acid. Juice, soda and diet soda are also high in acid. This acid attacks not only the teeth but can contribute to failures.**