

Post-Operative Instructions for Dental Restoration

Congratulations on your child's successful resin restoration! To ensure the best results and a smooth healing process, please follow these tailored instructions:

Local Anesthetic Care

- **Anesthetic Duration:** The numbness from the local anesthetic will **wear off in about 2-3 hours**. During this period, keep a close eye on your child to prevent them from accidentally biting or sucking on their tongue, cheek, or lip.
- **If an injury occurs:** It's common for the area to develop a **whitish-colored scab if bitten**; this should heal within 5-7 days. Apply an ice pack for 15 minutes on and off. For pain management, administer Tylenol or Motrin, following age-appropriate doses.

Immediately After the Procedure

- **Filling Set:** The **resin filling is fully set** as soon as your child leaves our office. However, please monitor their eating until the anesthetic fully wears off to prevent accidental biting of the inner cheeks, tongue, or lips.
- **Gum Tissue:** The gums around the filled tooth may be sore for a few days due to irritation during the procedure, as well as from the anesthetic injection site.

Activities and Habits

- **Chewing:** Encourage your child to chew evenly on both sides of their mouth and **avoid biting on hard foods** like ice or hard candy that could damage the resin restoration.
- **Oral Habits:** Encourage your child to avoid behaviors that could impact their teeth and the longevity of the sealants, such as teeth grinding, jaw clenching, nail-biting, pencil-chewing, or using their teeth to open packages.

Sensitivity and Comfort

- **Temperature Sensitivity:** It's normal for the restored tooth to feel slightly **sensitive to hot and cold temperatures for a few days**. This sensitivity is generally more pronounced if the cavity was deep and should gradually decrease over time.
- **Pressure Sensitivity:** Your child may also feel some **sensitivity when biting down**. This is normal and should subside within a few days. However, if the bite feels uneven, or if sensitivity persists, please contact our office.
- **Restoration Feel:** The **texture and contours** of the resin restoration may differ slightly from your child's original tooth. This difference is normal and your child should become accustomed to the new feeling within a few days.

Maintenance and Longevity

- **Care for Fillings:** While fillings are durable, they do not last forever and can wear down or break. **Regular brushing and flossing are essential** to maintain the integrity of the filling and overall oral health.
- **Regular Check-Ups:** Ensure your child **attends routine dental cleanings and check-ups**. These visits are crucial for extending the life of the fillings and for maintaining overall dental health.

If you have any concerns, or should your child experience ongoing discomfort, please don't hesitate to contact our office at **571-210-2771**.