

Post-op Instructions after Fillings

We are so proud of how well your little one did today! To help them have a smooth recovery, please keep a few things in mind over the next few hours.

If we used a local anesthetic, your child's mouth will likely remain numb for about **one to three hours**. During this time, it is very important to watch them closely so they don't accidentally bite or chew on their numb lip, cheek, or tongue. To prevent any accidental injuries, we recommend sticking to liquids or very soft snacks until the numbness has completely worn off.

Because we use white composite fillings that are hardened instantly with a special light, the tooth is ready for use right away. However, it is a good idea to avoid especially crunchy or sticky foods for the first day to ensure everything stays comfortable.

It's possible that your little one might feel some tenderness or uneasiness in the days following their dental treatment. If this happens, you can provide them with an over-the-counter pain reliever, like **Children's Motrin or Tylenol**, to alleviate discomfort. You may also notice some slight redness around the gum line, which is perfectly normal and should clear up quickly with regular brushing.

Most children feel back to 100% within a day or two. However, if you notice that the sensitivity or uneasiness persists for **over a week**, or if your child mentions that their "bite" feels a little off when they chew, please get in touch with our office so we can take a look.