



## **What to do After a Filling or a Crown is Placed on a Tooth**

Keep your child on a liquid diet for the first 4 hours and then on a soft diet for the remainder of the day. Do not give your child hot foods or foods that have to be chewed. Give your child soft foods such as Jell-O, soups, pasta & noodles, eggs, yogurt, pudding, apple sauce, cheeses, mashed potatoes etc. Hard foods and heavy chewing may cause the silver filling to fracture if your child eats too soon after the filling is placed.

After dental treatment, some mild swelling of the lip or cheek and some bruising at the injection site is normal. Swelling can happen very quickly so please watch your child very carefully for the first 1 -2 hours after the appointment.

**CAUTION:** Your child's lip, tongue, and cheek are numb. The numbness generally will last about 1-2 hours. Some normal swelling may occur because of treatment. Be watchful that your child does not accidentally bite his/her numb cheek, tongue, lip, or scratch around his/her nose. Biting can cause severe swelling of the lip, cheek, tongue, or face. This can happen very quickly so please watch your child very carefully for the first 1 -2 hours after the appointment.

If there is any discomfort after the numbness wears off, give your child the appropriate dosage of Tylenol (Acetaminophen) or Motrin (Ibuprofen).

**Do not give your child aspirin as this can cause Reye's Syndrome in young children.**