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## Instructions after Dental Filling or Crown

### Numbness from Local Anesthetics

- The sensation of being numb after the appointment is typically the most challenging aspect for a child to understand.
- It may take 1-4 hours for the numbness to wear off on the cheek, lips, and tongue.
- Monitor your child closely for approximately two hours. Your child might chew, scratch, suck, or play with the numb lip, tongue, or cheek. These actions can cause minor irritations or can be severe enough to cause swelling and abrasions.
- Avoid eating foods that require a lot of chewing (a soft food diet is recommended).

### Diet

- Avoid sticky, chewy, or hard foods like candy, gum, ice, nuts, or popcorn, which can damage the new filling for the first 24 hours.
- Avoid hot or cold foods since extreme temperatures can cause sensitivity and discomfort for the first 24 hours.
- Soft foods are a great choice (i.e. applesauce, mac and cheese, fruit juices, ice cream, soups, Ensure, Carnation Breakfast Essentials, custards, mashed potatoes, peas, corn, etc.).

### Fillings or Crowns

- Sensitivity: Mild sensitivity to hot or cold is normal for a few days up to two weeks.
- Soreness: The gums may be sore after dental work. For gum discomfort:
  - Use a warm saltwater rinse 2-3 times a day
  - Use children's Tylenol or Advil as directed
- When to Call the Dentist: Contact the dentist if the filling or crown falls out, if pain persists, or if you notice swelling or signs of infection.

**If you have any questions or concerns, please call us at (510)792-7888 or email [info@fremont.dental](mailto:info@fremont.dental)**