



Post-Op Instructions for Pediatric Composite Fillings and Crowns

At Edmond Pediatric and Teen Dentistry, our goal is to provide the highest level of pediatric dental care while ensuring every child recovers comfortably and safely after treatment. Your child had dental treatment completed today. After the appointment, follow these instructions:

What to Expect

- Your child's cheek, lip, and/or tongue will be numb for 2-4 hours. Do not allow your child to bite, chew, or pick at this area. As the area "wakes up" it may feel funny.
- You may give your child Motrin as needed for up to 24 hours.

Eating and Drinking

- Mild sensitivity to hot and cold liquids is normal for the first few days following a filling.
- For the next 24 hours avoid sticky, hard or chewy foods such as gum, taffy, caramel, and ice. Offer soft foods if the area is sore and resume your child's normal diet as tolerated.

Oral Hygiene

- A clean mouth heals faster, so continue brushing and flossing as normal. Good oral hygiene helps protect crowns and fillings and prevents future cavities.

Important Notes

- It is normal for gums around the filling or crown to feel tender and the bite to feel slightly different at first. If your child continues to complain that their bite feels uneven or uncomfortable after several days, please contact our office. A simple adjustment can usually resolve the issue quickly.

If you have any questions or should any complication arise, please call the office at (405) 513-8811.