



## Restorative Dentistry Information

### Freezing

Newly placed restorations often require “freezing” which requires that the child be careful when eating or chewing because it is possible that they may inadvertently bite their lip or cheek. It is recommended that if the child is hungry that he/she eat only soft foods such as pasta or rice and/or liquids for the first 4 hours following a restorative visit.







### Fillings and Crowns

Do not be concerned if the gum tissue around a newly placed crown or filling is sensitive or swollen. This can be considered normal and the soft tissue typically settles in 2-3 days. Crowns will feel very smooth to your child’s tongue and they may tend to grind on their new crown for a few days following placement. If the bite feels unbalanced following a restorative visit, please call the office because sometimes, the bite does need to be adjusted. Sticky foods should be avoided if a child has had a crown because it could stick to the crown and cause it to dislodge.

### Space Maintainer

If a space maintainer has been placed to hold space for new permanent tooth please have your child refrain from chewing gum, toffee or any sticky foods that could stick to the appliances and cause it to dislodge. Also remind your child not to tug with their tongue or finger on the appliance because they can distort the wire. If the appliance loosens, please contact the office so that we can re-cement the appliance.

### Care of the Mouth Following Injury

-  Have your child rinse with warm, salty water four times daily until cuts and lacerations are healed. With young children who cannot rinse, use gauze squares soaked in warm, salty water to bathe the lacerated area.
-  When teeth have been loosened by an injury, prepare a soft diet for 2 weeks. Loosened baby teeth will often become firm within 2-3 weeks if it is not agitated. Severely loosened permanent teeth may need to be splinted for stabilization.
-  Resume brushing and flossing as soon as possible to minimize infection and promote healing.
-  If the mouth has been cut and injury occurred outside, please check with your physician regarding the need for tetanus boosters and/or antibiotics.
-  It will be necessary to monitor the injured teeth by clinical examination and occasional x-rays. Injured teeth will sometimes develop infection of the nerves which can lead to a dental abscess if left untreated. When baby teeth are injured there can be developmental problems with the underlying permanent teeth which require careful management.
-  When fractured or chipped teeth are restored with white fillings, these fillings can stain or deteriorate with time. These restorations may need to be replaced or resurfaced with time. Sometimes a crown or porcelain veneer may be required.

### Tooth Extractions

1. DO NOT BITE, suck or rub lips or cheek while they are still anesthetized for up to 2-4 hrs after procedure
2. DO NOT RINSE the mouth for 2-4 hrs after procedure
3. No unnecessary physical exertion for the first day
4. Cool, soft foods for first 24 hrs
5. Bleeding can be controlled by maintainig gauze pad firmly over site for at least 20 mins following (bite gauze DO NOT chew)
6. Pain can be alleviated with use of TYLENOL or ADVIL every 6-8 hrs as needed