



# POST OPERATIVE INSTRUCTIONS

## For Composite Fillings or Stainless Steel Crowns

**Local Anesthetic (causes numbness):** Local anesthetic temporarily numbs a selected area of the mouth so dental restorations can be completed more comfortably. The duration of the numbness lasts approximately one (1) hour for upper teeth and three (3) hours for lower teeth.

Avoid eating or chewing while the mouth is numb. The cheek, lip or tongue can be inadvertently bitten and cause tissue damage and/or discomfort.

Remind young children not to bite, suck, or pinch their lips or cheeks while the numbness is still present. This can also cause tissue damage and/or future discomfort.

**Composite (White) Fillings:** These restorations are hard immediately following the dental appointment. However, eating should be postponed until the numbness has disappeared. Some temporary sensitivity to chewing or temperature may occur. If this sensitivity does not improve or increases over time, please let our office know.

**Stainless Steel Crowns (Caps):** These restorations are cemented over the top of the natural tooth after the cavity has been removed. Sticky candies and gum should be avoided to prevent the crown from being pulled off. Baby teeth will be able to wiggle out normally when it is time for the permanent tooth to come in naturally.

\*\* Children's Tylenol or Motrin is recommended to be given prior to the numbness wearing off, to help manage any discomfort.