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Post Operative Instructions for Children

Today your child had a composite filling placed. We use composite fillings to restore teeth with a minimum amount of tooth structure removal. Your child may or may not have required anesthetic to have the tooth restored. If the procedure was in the lower jaw, the tongue, teeth, lip and surrounding tissue will be numb or asleep. If the procedure was in the upper jaw, the teeth, lip and surrounding tissue will be numb or asleep.

These areas will “wake up” on their own. However, while asleep a child may chew, scratch or play with the area. These actions can cause considerable soft tissue damage and further swelling. Make sure that your child is watched closely until everything “wakes up.” A self-inflicted bite injury is the most common post-op complication! If your child does bite him/her self, administer the appropriate dose of Children’s Ibuprofen elixir. Give popsicles as needed to reduce swelling.

If no anesthetic was used, your child can chew on the filling immediately. There are almost no dietary restrictions. We just ask that you don’t chew ice, as it can cause the material to become brittle and chip.

Your child may experience hot or cold sensitivity for a period of time after the filling was placed. This can range from a few days, to a few weeks. If it is not improving, getting worse, or you have concerns, call the office.

If the bite is high and feels like teeth are not coming together correctly, call the office right away. If the issue is addressed right away, it is very easy to solve and takes only a few minutes. Your child does not have to be numb for the adjustment. If this problem is ignored, the joint space between the tooth and the bone can become inflamed and very painful. If left untreated, the cells in the joint space can die and additional treatment is required.

If your child’s gums are sore around the restored tooth, use warm salt water rinses (mix ½ teaspoon of salt in a glass of warm water) four to five times a day until they feel better.

Remember, there is no such thing as a silly or stupid question. If you have any questions or wonder if what your child is experiencing is normal, call the office at (402) 715-5858. If it is after hours, you can reach the doctor by the number on the office voicemail.