

Home Care Instructions after Filing Placement

During the healing process we ask that you carefully follow these instructions to ensure fast recovery and optimal healing from his procedure. However, it is normal for your child to experience mild soreness or slight discomfort during the healing process.

1. Please avoid all hard/crunchy foods for the next three days. Instead we recommend soft foods (i.e mashed potatoes, soup, jello, eggs, boiled meat.).
2. Please give your child Children's Tylenol or Ibuprophen as directed on the bottle.
3. Please carefully observe your child the next 1 – 2 hours to make sure that they do not bite his/her lips because their lips are still numb from today's procedure.
4. Please brush your child's teeth for them during the healing process.
5. Now that your child has fillings, we ask that your child avoid sticky snacks and limit use of chewing gum because both will pull the fillings off and result in an additional dental appointment to have the filling replaced.

If there are any questions or concerns please do not hesitate to us.



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