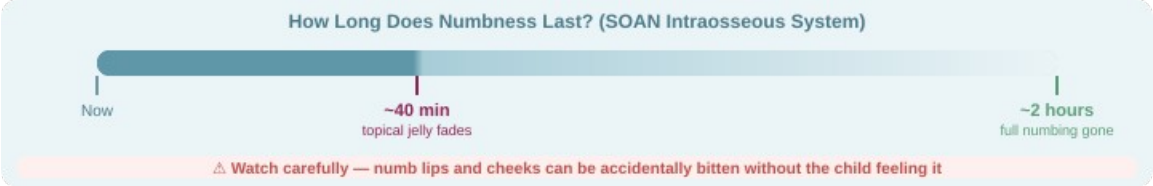
Redwood Pediatric Dentistry
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After-Visit Guide: Tooth-Colored Fillings

Your child's cavity was repaired today with a tooth-colored filling — either glass ionomer or composite. Both are safe, effective, and look great. The tooth may feel a little different for a few days, and that's completely normal 💚

1 🕒 Right After the Appointment



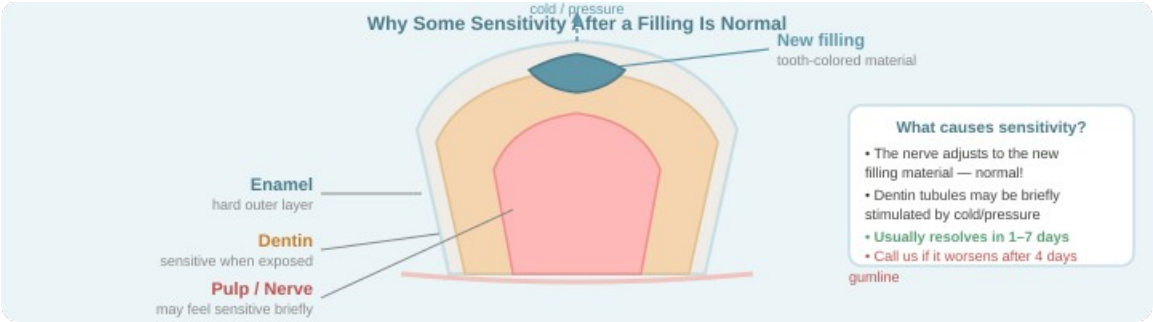
- **Numbing:** We use the SOAN intraosseous system — topical jelly fades in about **40 minutes**, full numbing in **~2 hours**.
  - Watch for accidental biting, chewing, or sucking of the cheek, lip, or tongue while numb — kids often can't feel it happening.
- **Soft foods until numb fades:** yogurt, smoothies, soup, soft pasta, applesauce. Nothing that requires real chewing.

2 🍴 Eating & Drinking

	Glass Ionomer (Equia Forte)	Composite (White Filling)
HARDENS	Over 48 hours — avoid sticky/crunchy	✓ Immediately with curing light
FLUORIDE	✓ Releases fluoride to protect enamel	None
EATING AFTER	Soft only for 48 hrs — no sticky or crunchy	✓ Normal once numbness wears off
GOOD TO KNOW	*May feel slightly "tall" for a few days as protective coating wears in — normal!*	*Bite should feel normal right away. Call us if still high after 3–4 days.*

- **Glass Ionomer (Equia Forte):** Continues hardening over **48 hours**. Avoid sticky or crunchy foods (gummies, hi-chews, nuts, raw carrots) for two days.
- **Composite (White Filling):** Hardens immediately. Normal eating can resume once numbness wears off.
- **All fillings:** avoid biting directly into very hard things like ice, jawbreakers, or rock candy, which can crack the filling.

3 🥶 Sensitivity & Soreness



- **Tooth sensitivity:** Mild sensitivity to cold, pressure, or brushing is common for a few days as the nerve adjusts. Usually fades on its own within 1–7 days.
- **Gum or jaw soreness:** Normal, especially after multiple fillings, a fractured tooth, or a hypomineralized tooth. Should ease within 1–2 days.
- **Pain relief:** Children's ibuprofen (Motrin/Advil) or acetaminophen (Tylenol) at the label dose can help. Chewing on the other side also gives the treated tooth a break.

4 🦷 Home Care

- **Brush and floss gently** near the treated area for the first day if gums are sore, then return to normal.
- **Keep helping until age 10:** Continue brushing and flossing with your child to make sure all surfaces stay clean.
- **Good hygiene = longer fillings:** Brushing twice daily and flossing nightly prevents new cavities from forming around the edges of the filling.

📞 Please contact us after 3–4 days if…

- Pain increases rather than decreasing
- The filling still feels high when biting and hasn't settled
- There is ongoing pain, swelling, or anything that concerns you

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References

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Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com