

# What to Do at Home

After your child's cavity treatment in a baby tooth

Child's name:

Date:

Tooth:

## THE FIRST FEW HOURS

- ☐ Wait until the numbness has fully worn off before eating, so your child doesn't bite their cheek or lip.
- ☐ Offer soft, lukewarm foods for the first day, and keep the treated side free of hard or sticky foods.
- ☐ Ask your child not to poke or touch the treated tooth with their tongue or fingers.

## BRUSHING AND DAILY CARE

- ☐ Brush twice a day with fluoride toothpaste, using the amount your dentist recommended for your child's age.
- ☐ Be gentle around the treated tooth on the first day if it feels sore.
- ☐ Limit sugary drinks and snacks, and offer water between meals.
- ☐ Help your child brush until they can do it well on their own, usually around age 7 or 8.

## COMFORT TIPS

- ☐ If your child is uncomfortable, use a pain reliever only as directed on the label or by your dentist.
- ☐ Praise your child for their brave visit. A calm, positive attitude helps them feel safe.

## NOTES FROM THE VISIT

### DON'T WAIT FOR THE NEXT APPOINTMENT IF...

Your child has tooth pain that gets worse, won't stop bleeding, has swelling on the cheek or gum, or has a fever. Contact their dentist. For facial swelling that spreads, call right away. For trouble breathing or swallowing, seek emergency medical care immediately.