

## Children's Dental Village

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### **Important Instructions for Composite Build-ups**

Composite build-ups are very fragile and require special care. Please follow these guidelines to care for build-ups:

1. Your child must be very careful when eating and chewing. We ask that your child avoid biting into hard, crunchy or sticky foods and to avoid using the teeth to tear food. These foods can cause the composite build-up to break or completely come off. **Examples of foods to avoid include:**
  - **Hard foods:** Nuts, carrots, apples, hard candies, pizza crust and ice (some foods can be cut into smaller pieces and chewed with the back teeth).
  - **Crunchy foods:** Hard taco shells, chips, corn nuts.
  - **Sticky foods:** Taffy, caramels, gummy bears, licorice and gum.
  - **Tearing foods:** Jerky, corn on the cob, pizza crust (cut into smaller pieces and chew with back teeth).
2. Build-ups break off as a result of some force being placed on the tooth such as a bump to the mouth or hard foods. Accidents involving bumps to the teeth, night-time teeth grinding and chewing on items such as toys, pens and pencils, can also cause breakage or loss. **Please be careful as there will be a fee to replace or repair the build-up.**
3. The use of a mouth guard is recommended while playing sports.
4. Brush and floss the build-up with a soft toothbrush as you would your natural teeth, concentrating on the gum-line. Regular check-ups and cleanings are recommended to help insure the build-up and underlying tooth structures are healthy.
5. If the build-up is placed on a baby tooth, the tooth will naturally fall out on its own in the usual manner.
6. Your child may have been given a local anesthetic for their dental treatment. Children do not always understand the sensation of being numb. They may chew or suck on their lip, tongue or cheek and may cause painful wounds in their mouth.  
**Please watch your child closely to prevent this from happening.**
7. We recommend a soft diet until the numbness wears off. Soft food suggestions include soup broth, Jello, pudding, yogurt, applesauce, ice cream or fruit juice.
8. If you have any questions, please do not hesitate to phone our office.