

# COMPOSITE BUILD-UP CARE



Composite build-ups are very fragile and require special care. 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. Eating these foods can cause the composite build-up to break or completely come off.

## Sticky Foods

Taffy, caramel, gummy candy, gum, fruit roll ups, licorice, or other sticky substances.

## Hard Foods

Nuts, carrots, apples, hard candies, pizza crust, ice

## Crunchy Foods

Taco shells, chips, corn nuts

## Tearing Foods

Jerky, corn on the cob, chicken wings

- ✚ Accidents involving bumps to the teeth, chewing on items such as toys, pens, pencils, crib rails, furniture, or sucking/pulling on pacifiers can cause breakage or loss. Please be careful as there may be a fee to replace or repair the build-up.
- ✚ The use of a mouthguard is recommended while playing sports.
- ✚ Brush and floss the build-up using a soft toothbrush and floss as you would their natural teeth, concentrating on the gumline. Regular check-ups and cleanings are recommended to help ensure the build-up and underlying tooth structures.
- ✚ If the build-up is placed on a baby tooth, the tooth will fall out on its own in the usual manner.
- ✚ Your child may have been given a local anesthetic for their dental treatment. Children do not always understand the sensation of being numb. Please watch your child carefully as they may bite, chew or suck on their lip, tongue or cheek and may cause painful wounds in their mouth. We recommend a soft diet (Jello, pudding, yogurt, applesauce, ice cream) until the numbness wears off.
- ✚ If you have any questions, please call our office.

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