

# Post-Treatment Instructions

## Glass Ionomer Fillings

- You or your child has had their teeth treated with a glass ionomer cement filling or sealant material today.
- For 48 hours, please eat soft foods only, and use caution to avoid hard, crunchy foods while the material reaches its maximum strength and hardness.

Suggested foods:

Soup

Macaroni and cheese

Scrambled eggs

Smoothies

Ice cream

Yogurt

Apple sauce

Oatmeal

Mashed Potatoes

Jello

It is always a good idea to avoid chewing ice or hard candies to prolong the life of your child's teeth and restorations.