

POST OPERATIVE INSTRUCTIONS

(What do I do now that my child has had a filling, extraction, or crown???)

Please be aware that a “filling” can weaken a tooth and make it MORE likely to develop a new cavity than a tooth without a filling. Help your child avoid sticky and/or hard candy, sweet beverages, including 100% juice, and maintain appropriate recall examinations as directed. Thank you!

Restorations (tooth-colored fillings with anesthesia)

- The lip, teeth and tongue will be numb for 2-4 hours after the appointment. **Be careful not to let your child accidentally bite or chew on their lip.** (Young children may say that it hurts or to “take it out” as they cannot fully communicate what it feels like to be numb.)
- Your child may complain of pain or soreness shortly after treatment. Administer children’s Motrin or Tylenol as needed for pain.
- Your child may say that their tooth feels tight as they become accustomed to the new feeling of the filling. If they have a hard time chewing or they complain of discomfort after 2 days, please call our office. The filling may need to be adjusted.
- The gums may appear red and irritated following your child’s appointment and a slight amount of bleeding is normal. This will go away within a few days if good homecare is practiced.
- Avoid having your child eat for 60 minutes or have them fully chew on the side that is not numb. Very soft foods or liquids are fine. Avoid sticky and/or hard foods and candy as these can break or pull out a filling.

Crowns

- A stainless steel crown was fitted on one or more of your child’s teeth today.
- Crowns can become loose from chewing ice or hard & sticky foods. Please help your child avoid these treats.
- If a crown comes off, please call our office immediately, as we can re-cement it for a nominal charge.
- If the crown has been out of the mouth for a long time, we cannot refit it. The adjacent teeth shift and require placement of a new crown. There will be a charge for a new crown.

Extractions (wiggle-out teeth)

- Your child’s lip and tongue may be numb for 2 to 4 hours.
- During this time children may accidentally bite their lip, cheek or tongue without any pain.
- Please observe your child to prevent unnecessary injury.
- A small amount of bleeding is normal after tooth removal.
- Have your child bite on the gauze provided for 30 minutes with firm pressure. Repeat this procedure 2 to 3 times, if necessary. Call us if this does not control the bleeding.

Do not allow them to chew on the gauze, spit or use a straw for drinking. This can cause more bleeding.

- A soft diet is recommended for the first 24 hours. It is important for your child to maintain their dietary intake.
- Brush the remaining teeth daily, but do not rinse or use a mouthwash for 24 hours. Tomorrow you may have them rinse with warm salt water, if necessary (1/2 tsp. salt in 8 oz. warm water.)
- Give your child Tylenol® (acetaminophen) or Motrin for any post-operative pain or discomfort.
- Give the same amount you would if they had a headache or recent immunizations. Do not give children aspirin. If pain persists after 48 hours please call our office.
- Swelling after an extraction is not uncommon and should not cause alarm.
- Apply an ice pack for 15 minutes on and 15 minutes off for the next 24 hours following tooth removal.

Nitrous Oxide/Oxygen

- Nitrous oxide (laughing gas) may have been a part of your child’s treatment today.
- Nitrous oxide is a very short-acting, mild sedative agent that we utilize to help relax and calm your child during treatment.
- The effects of nitrous oxide are only felt while your child is breathing it.
- Your child will be able to resume normal daily activities upon dismissal from our office.