

# POST OPERATIVE CARE INSTRUCTIONS

## **Care of the Mouth After Local Anesthetic (LA)**

- Your child had a local anesthetic today. The tongue, teeth, lips, and surrounding tissue will be numb for at least 2 to 3 hours.
- Often, children do not understand the numb feeling and may chew, scratch, suck, or play with the numb lip, tongue, or cheek. These actions can cause irritations, swelling, scarring, severe abrasion, or laceration to the tissue. Monitor your child closely for at least 2 to 3 hours (or the duration of the LA) following the appointment.
- Please maintain a liquid diet until the anesthetic has worn off.

## **Care of Your Child After a Sedation Appointment**

- Your child will be drowsy and will need to be monitored very closely. Keep your child away from areas of potential harm. (Do not let your child walk by themselves if given Versed)
- If your child wants to sleep at home, make sure they are sleeping on their side with their chin up, in the same room as you, with no pillows. This is a recovery position if vomiting occurs.
- Wake your child every hour and encourage them to have something to drink in order to prevent dehydration and low-grade fever. At first, it is best to give your child sips of clear liquids to prevent nausea. The first meal should be light and easily digestible (avoid dairy and fried foods).
- No physical activities today (no school, no sports or practices, no bicycles, no playgrounds, no swimming pools, etc.).
- Tomorrow your child may go back to school and resume regular activities.
- Although the following reactions can occur, if your child has persistent nausea, repeated vomiting, or develops a fever please contact our office. Please call our office if you have any questions or concerns.

## **Care of the Mouth After Extractions**

- Do not rinse the mouth for several hours.
- Do not spit excessively, drink carbonated beverages, or use mouth rinses today
- Do not drink through a straw for 24hrs
- Keep fingers and tongue away from the extraction area
- Soft food diet for 4 days (avoid foods such as nuts, seeds, and popcorn).
- Avoid strenuous exercise or physical activity the day of the procedure.
- Some discomfort is expected. Ibuprofen (Children's *Advil* or Children's *Motrin*) can be given for pain if no history of ibuprofen allergy (follow the instructions on the bottle for dosing based upon your child's age/weight).
- Bleeding - Some bleeding is to be expected. Place damp cotton gauze (or cold, clean washcloth) firmly over the extraction area to help the bleeding stop. If unusual or sustained bleeding occurs contact our office or seek the nearest emergency department.
- Teeth should be brushed and flossed gently today (avoid the surgical site). Keeping the mouth as clean as possible is essential for healing.

## **Care of Amalgam Restorations**

- Your child had an amalgam restoration completed today (silver filling) and should maintain a soft food diet for 24hrs (crunchy foods within the first 24hrs can cause the filling to break)

## **Care of Stainless Steel Crowns (SSC), Space Maintainers, Habit Appliance**

- Liquid diet for 2hrs after appointment (no chewing) to allow the cement to completely set
- The gum tissue may be sore in the area where the procedure was completed, give Tylenol Children's *Motrin* to take care of any discomfort

Gulfshore Pediatric Dentistry

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- The gum tissue around the SSC may have a gray appearance for a few days, please maintain good oral hygiene (brushing and flossing around SSC) to reduce discomfort and promote healing.
- Sticky foods (bubblegum, taffy, caramels, gummy candies, etc.) that may dislodge or cause SSC/space maintainer to come off of tooth are to be AVOIDED COMPLETELY
- If an SSC or a space maintainer comes out please save it and call our office as soon as possible to re-cement it. If the appliance or SSC is damaged or does not fit when trying it back in the mouth, due to prolonged time out of the mouth, it will result in an out-of-pocket expense (insurance companies will only cover these procedures once).

### Care of Strip Crowns (White Resin Crowns)

- Your child cannot bite into hard or crunchy foods (apples, corn on the cob, carrots, hard candy, hard bread, etc). You will need to cut these foods and your child can chew them with their back teeth. The new white crowns are not hard like tooth enamel. Habits (including but not limited to chewing on pens, pencils, sucking habits, opening things with your teeth, etc.) and trauma can also fracture these white crowns. If your child breaks their crown this can result in having to redo the dental procedure and this will be an out-of-pocket expense to you (insurance will only cover procedure once).
- These teeth need to be brushed and flossed like normal. These teeth tend to stain easily. To reduce the staining please brush these teeth after eating foods, condiments, and drinks that stain (chocolate, mustard, ketchup, dark soda, tea, etc.)

### Care of the Mouth After Trauma

- Please keep the traumatized area as clean as possible.
- For swelling ice can be applied during the first 24 hours to keep the swelling to a minimum (place a barrier between an ice pack and skin/ tissues to prevent burns).
- Watch for infection (abscess) in the area of trauma. If an infection is noticed - call the office so the patient can be seen as soon as possible.
- Maintain a soft diet for 1 week, or until the child feels comfortable eating normally again.
- Avoid sweets, drinks, and foods that are extremely hot or cold.
- If antibiotics are prescribed, be sure your child takes the prescription as directed.

### Care of Sealants

- A dental sealant is applied to the grooves of the chewing surfaces of permanent molar teeth. This prevents bacteria and food from collecting in these grooves and allows you to clean easier. This will decrease the risk of a cavity on a chewing surface. The tooth can still get a cavity if good oral hygiene and good dietary habits are not practiced (brushing properly with fluoride toothpaste and flossing daily).
- Your child's bite may feel different for a few days (this is normal)
- Do not eat ice or hard candy, as this can fracture the sealant.
- Your child may have a funny taste in his/her mouth for a few hours after sealants are placed

### Care of Pedi-Partial

- Please brush and floss the metal and acrylic as if they are natural teeth. The area around the bands/crowns on the back teeth require special attention, otherwise, the gum area can become irritated due to food collecting around it.
- DO NOT bite into hard things with the front teeth (apples, corn on the cob, carrots, hard candy, hard bread, etc). This can break the teeth, bend the wire, and disrupt the cement bond.
- NO sticky candy (caramel, taffy, gum, etc.)

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