



## POST OP CARE

### PEDIATRIC DENTAL VISIT

Your child received one or more of the following circled items. Please follow the instructions below for his/her proper care.

<p><b>Local Anesthetic</b> (“Novocaine”)</p>	<ul style="list-style-type: none"> <li>Your child may have been given an injection of local anesthetic to numb his/her teeth for us to work on them. Your child’s mouth (tooth, lip &amp; tongue) will be “sleeping” for <b>approximately 2 to 3 hours</b>. It is imperative that you watch your child and have him/her bite on the cotton roll provided to prevent damage to his/her oral cavity. If your child is <b>not biting</b> on the cotton roll, he/she may bite the tongue, cheek or lip causing <b>serious damage, infection</b>, or profound <b>pain</b> later on.</li> <li>Some children become <b>very upset</b> and complain of excruciating pain when they realize their mouth feels “different.” <b>Do not be alarmed!</b> Many children are unfamiliar with this numb sensation and associate this with pain. Reassure your child that the “funny feeling” will go away in approximately 2 hours.</li> </ul>
<p><b>What to Eat</b></p>	<ul style="list-style-type: none"> <li>Your child should have a diet limited to soft foods for 2 hours following the dental procedure to prevent biting the lip or tongue while numb. The following foods are acceptable: milkshake, ice cream, soup, noodles, or any other foods of this consistency.</li> </ul>
<p><b>Cleaning &amp; Fluoride</b></p>	<ul style="list-style-type: none"> <li>Your child has received a dental a cleaning which included the application of fluoride. The fluoride is applied to the teeth after the cleaning in an effort to prevent cavities from developing. Because of this, it is important that your child does not eat or drink anything for 30 minutes to enable the fluoride to “soak in.” The application of fluoride is recommended every 6 months.</li> </ul>
<p><b>Sealant</b></p>	<ul style="list-style-type: none"> <li>A sealant has been placed on one or more of your child’s teeth in an effort to prevent cavities on the top surface of the tooth. Your child must avoid chewing on ice or hard sticky candies which can dislodge or chip the sealant, rendering it ineffective.</li> <li>Please be advised that <b>sealants do not protect the surfaces in-between teeth</b> so your child must still floss to prevent this type of cavity from developing between the teeth. Sealants may become worn down from normal grinding and chewing so they may need to be reappplied later on.</li> </ul>
<p><b>Filling</b></p>	<ul style="list-style-type: none"> <li>Most children usually adapt and adjust very well to new dental work. However, if some fillings are a bit deep due to the extent of the decay, they may complain of some discomfort. Do not be alarmed! Sometimes it takes a few weeks for the tooth to settle down and feel comfortable.</li> </ul>
<p><b>Stainless Steel Crown</b> (Cap)</p>	<ul style="list-style-type: none"> <li>If your child has received a crown/cap the gum tissue surrounding the tooth may appear to be bleeding. This is normal! When preparing your child’s tooth for a crown, it is necessary to fit the crown closely to the gum tissue, resulting in some hemorrhaging and bruising of the tissue. Following placement of the crowns some parents will notice a purple or gray color around the gums; this is also normal and will subside.</li> <li>Please do not allow your child to eat sticky or caramel type candy as this may dislodge your child’s crown.</li> <li>If your child’s crown does come off please save the crown and call the office so it may be recemented.</li> </ul>
<p><b>Pulpotomy</b></p>	<ul style="list-style-type: none"> <li>Please note that children <b>seldom</b> complain of pain after this procedure is performed. When your child receives a nerve treatment, it is usually <b>not</b> necessary to prescribe any pain medication.</li> </ul>
<p><b>Extraction</b></p>	<ul style="list-style-type: none"> <li>Your child should continue to bite down on the gauze for 45 minutes at least to help the blood clot. You may resume brushing tonight, brushing gently in the site of the extraction.</li> <li><b>Starting tomorrow</b> you may use warm salt water rinses to keep the extraction site clean. Place 1 to 2 tsps of salt in warm water, stir and then swish by mouth 3 to 6 times daily, or at least after each meal or snack.</li> <li>Your child should not eat any hard or hot foods for that day. Soft foods are usually tolerated the best for the first few days following removal of the tooth/teeth.</li> <li>Do not allow your child to suck from a straw or drink carbonated beverages for 48 hours.</li> </ul>
<p><b>Space Maintainer</b></p>	<ul style="list-style-type: none"> <li>If your child has received a space maintainer, do not allow him/her to eat any sticky, gooey or caramel type candies. These types of items frequently dislodge the spacer and require that the appliance be recemented. Please note that some children may find the appliance uncomfortable at first but will get use to it with time.</li> </ul>
<p><b>Pain</b></p>	<ul style="list-style-type: none"> <li>If your child appears to be in any pain or discomfort give Tylenol, following <b>the instructions on the back of the bottle</b>. If the doctor feels that your child will need a medication stronger, then one will be prescribed. Please note that most children, even with extensive dental work, do very well post-operatively with regular Tylenol Elixer or Ibuprofen. Do not hesitate to call the doctor if you have any questions regarding medications.</li> </ul>