


POST-OPERATIVE INSTRUCTIONS

The following information is provided to aid you and your child after he / she has had routine dental treatment in our office. Checked areas indicate specific treatment(s) rendered on your child.

- Local Anesthetic - Local Anesthetic was used during your child's dental treatment. As a result their mouth will be "numb" for approximately 2 – 4 hours. Watch them closely to see that your child does not **bite**, scratch or injure the cheek, lips or tongue. Some children become very upset (even crying) and complain of pain when they realize their mouth feels "different." Please do not be alarmed! 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. 
- Enameloplasty - Contouring of enamel is indicated in the following situations: (1) to prevent a very small cavity from enlarging (2) to correct an ectopic eruption (3) to correct mild crowding.
- Dental Fillings - After the placement of dental fillings (white or silver), teeth may often be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently filled teeth to require several weeks to feel "normal" again.
- Dental Sealants - Sealants are resin coatings placed on the chewing surfaces and deep grooves of the back teeth for cavity prevention. Normal eating and drinking can resume after your child leaves the office. Hard candies and chewing ice should be avoided to prevent fractures of dental sealants. Sticky candies can pull out sealants and should also be avoided. Anesthetic is not typically used for sealants unless part of a larger treatment plan.
- Stainless Steel Crowns/Tooth Colored Crowns - Your child's teeth have been covered with a stainless steel crown or tooth colored crown which has been shaped to fit the tooth, cover it completely and strengthen the tooth thereby allowing your child to maintain that tooth until it naturally falls out. 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 over time. It is recommended to avoid sticky foods and candies that might result in damaging the crown.
- Pulpotomy - When your child receives a nerve treatment it is usually **not** necessary to prescribe any pain medication. Children that do experience discomfort usually do fine with Tylenol or Ibuprofen (follow directions on the bottle).
- Dental Extractions - After dental extractions your child will have gauze pressure packs placed to control normal bleeding from the site of the extraction. Most dental extractions are routine and it is unlikely that your child will need any pain medication or any antibiotics. Do not allow your child to suck from a straw or drink carbonated beverages for 48 hours – this may prolong bleeding due to disrupting the normal blood clotting process.
- Nitrous Oxide – Oxygen - "Laughing Gas" was used during your child's dental appointment. Nitrous Oxide has a proven track record of being very safe, providing exceptional relief of anxiety with the only side effect being that of nausea but only in very rare instances.
- Swelling and Pain - Mild swelling and discomfort are normal occurrences following some dental procedures. Any significant swelling or moderate to severe pain needs the attention of the dental office so it can be properly managed.
- Diet and Other Limitations - After dental treatment, especially dental extractions, your child's diet should initially consist of soft foods (jello, pudding, smoothies) and clear non-carbonated beverages (water, juice, Gatorade). Avoid eating crunchy or sticky foods.

