



## DENTAL PROCEDURE POST-OPERATIVE INSTRUCTIONS

Your child has undergone dental treatment today. Some or all of the following procedures and associated instructions may be helpful:

### Local Anesthetic

If local anesthetic was used, avoid eating until all feeling has returned to the area. Be aware that scratching, sucking, or biting the numb area may cause significant injury to oral tissue. Avoid hot liquids while the area is numb. Numbness can last for several hours, and is different for every patient. Please keep an eye on your child.

### Sealants

There is no eating or drinking restriction after sealants are placed unless local anesthetic was used. Sealants keep plaque out of the chewing surface of the tooth but the surrounding surfaces that are not able to be sealed can still get decay. Therefore, good oral hygiene and nutrition are still important. The sealant may feel slightly taller than the surrounding teeth. If this feeling lasts more than a couple days, please notify us so that the sealant can be adjusted. Sticky and hard candies and chewing on ice can cause sealants to chip or break. Sealants fractured within the first twelve months will be replaced at no charge, otherwise the standard fee applies.

### Composite (White) Fillings

There is no eating or drinking restriction after having white fillings unless local anesthetic was used. Flossing and brushing after filling placement is very important; teeth that have had cavities are more vulnerable to cavities even after the placement of a filling. The filling may feel slightly taller than the surrounding teeth after the numbness wears off. If this feeling lasts more than a couple days, please notify us so that the filling can be adjusted. Sensitivity to hot and cold is common for a few weeks and the gum tissue may also have been irritated during the procedure and be sore for a few days. Extreme forces, such as eating sticky/hard candies and chewing on ice cubes can cause fillings to chip or break. White fillings on the front teeth are vulnerable to fracture so please avoid biting into hard food directly-cut up harder food prior eating.

### Stainless Steel Crowns

There is no eating or drinking restriction after having stainless steel crowns unless local anesthetic was used. Brushing and flossing after crown placement is very important to maintain proper gum health. The crown may feel “different” the first several days after placement, as the shape of the tooth will be different. Sticky/hard candies can cause the stainless steel crown to loosen, so please avoid these foods. The roots of baby teeth with stainless steel crowns should still dissolve like a normal tooth and should “fall out” at their usual time.

□ Pulpotomy/Pulpectomy

Pulpotomy or pulpectomy treatments are intended to avoid the need for tooth extractions. After this treatment, the sensitivity or pain should resolve within a few days as the treatment area heals and responds to treatment. If the patient continues to have pain or wakes up at night, please call your dentist for further treatment. If your child experiences swelling or you see a “gum boil”, please call your dentist for immediate follow-up. Please be aware that 20% of pulpotomies/pulpectomies can fail. Failure rate is based on how badly the tooth was infected initially or the tooth’s response to the nerve treatment.

□ Extractions

Bite down with a gentle but firm pressure if gauze packs have been placed over the surgical areas, ensuring they remain in place for 10-20 minutes after your child’s appointment. Intermittent bleeding or oozing is normal for the first 24 hours following oral surgery: It can be controlled by placing fresh gauze over the area and biting down firmly for 30-60 minutes. Do not disturb the surgical area today and do not over exert the child for the first 24 hours after the procedure. Do NOT rinse or probe the area with any objects or fingers; brush teeth gently. DO NOT: SMOKE, SUCK THROUGH STRAW, USE A SIPPY CUP, OR RINSE for at least 72 hours, since this can disturb healing and potentially cause complications such as dry socket or slow healing. Please refrain from foods that can get lodged in the socket areas (i.e. nuts, seeds, rice, popcorn, sharp foods). Most oral surgery is accompanied by some degree of discomfort. If needed, you may provide your child with an appropriate dose of Children’s Tylenol or Ibuprofen (NO ASPIRIN); the most severe discomfort is within the first six hours after the anesthetic wears off. Lastly, if your child feels sharp edges, this can sometimes be the bony walls that originally supported the teeth. Sometimes small fragments of bone may work themselves out after surgery. These are not pieces of tooth, and if necessary, they can be removed by the dentist. Call our office if you are concerned.

□ Appliances

Please refrain from eating sticky/hard candies or chewing on ice. Other foods to avoid include chips, gum, beef jerky, and raw carrots. Eating these and similar textured foods will loosen and possibly break bands of appliances but the problem may not be discovered until later. Remind the child not to play with the new appliance using his/her fingers or tongue as that can damage the appliance as well. The first time the appliance becomes loose, there is no charge for re-cementing. Thereafter, it will be a \$50 charge. If the appliance is lost, a full fee is charged to remake and re-deliver the appliance. If it is broken, the lab fee to remake and re-deliver the appliance is charged.

□ Prescription Medications

The dentist may have prescribed a medication after the appointment. Please read the instructions and have the child take it exactly as prescribed. Do not take a medication if s/he is known to be allergic to its ingredients, and call the doctor right away. If s/he develops signs of an allergic reaction such as itchiness, rash, or trouble breathing, stop taking the medication and call the doctor immediately. The medication is only to be used by the child and as prescribed.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE AT: 520.363.4774**