

Numbness Post-Operative Instructions:

- The sensation of being numb after the appointment is typically the most challenging aspect for a child to understand. Some children may be upset when they realize their mouth feels “different.” 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 1-4 hours.
- It may take **1-4 hours** for the numbness to wear off.
- Avoid eating foods that require much chewing (a **soft food diet** is recommended) until the anesthesia wears off.
- **Monitor** your child closely so that he/she **does not bite**, scratch or injure the cheek, lips or tongue.

Resin (white) Filling Post-Operative Instructions:

- If your child is numb, please follow the post-op instructions for numbness.
- 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.
- **Avoid sticky foods, hard candies, and chewing on ice** to prevent breaking the filling or crown.
- Avoid using front teeth to bite directly into hard foods such as apples, carrots and corn on the cob.
- Limit drinking or eating dark colored beverages and foods as this may cause staining and discoloration of the resin material.
- It is important to note that resin fillings are prone to recurrent decay (new decay around the filling margin) and it **should be brushed and flossed like a natural tooth**.
- For any discomfort Tylenol or Ibuprofen is recommended. Mild discomfort is common after fillings, especially some gum soreness.

Stainless Steel Crown & Space Maintainer Post-Operative

Instructions:

- Your child will be numb so please follow the post-op instructions for numbness.
- Watch for a round “pimple-like” (abscess) structure at the gumline where a pulpotomy was done, indicative of a possible infection. Contact us if any signs of an abscess are observed.
- To seat the crown or spacer correctly, work must be done just below the gumline; therefore, expect your child’s gums to be sore for 2-3 days. Your child’s **gum tissue may bleed** upon brushing for the next few days. To help with healing, **keep the area clean** by **brushing two to three times a day and flossing**.
- It may take a few days for your child to adjust to the crown or spacer. Do not let your child pick or pull at the crown or spacer as continuous force and pressure can pull it off.
- A **soft food diet** is recommended for the **rest of the day** to allow the dental cement to fully cure.
- Your child should **avoid sticky candies/food, sippy cups, and hard candies** (i.e., taffy, suckers, starburst, caramels, gummy vitamins) for **THE LIFE** of the crown or spacer. Although it is cemented onto the tooth structure, these sticky foods can cause the crown or spacer to become loose and even fall off. In the case this happens, save the crown and schedule an appointment for recementation immediately. Do not wait.

Extraction Post-Operative Instructions:

- Have your child **bite** on the provided gauze until bleeding is controlled, which may take up to 30 minutes.
- Remember that your child's cheek, lips and tongue may be numb for approximately 1-4 hours after the procedure.
- **Avoid sippy cups, bottles, straws and pacifiers** for the first 24 hours after the procedure. The sucking action may cause prolonged bleeding.
- Your child's diet should initially consist of **soft foods** (jello, pudding, smoothies) and clear non-carbonated beverages (water, juice, Gatorade). **Avoid eating crunchy, sticky, salty, spicy, acidic or crunchy foods** for the first 24 hours as this may irritate the extraction site. Cold and/or soft foods are a great choice (i.e. ice cream, applesauce, mac and cheese, etc.).
- Administer children's Tylenol or Motrin for any discomfort.
- Do not allow your child to participate in strenuous activity for the first 24 hours as this may increase bleeding from the extraction site.
- A small amount of oozing is normal; however, if bleeding becomes heavy, have your child bite on a gauze or tea bag for 15 minutes.
- If bleeding continues or is not controlled, call our office immediately.

Nitrous Oxide "Laughing Gas" Post-Operative Instructions:

- Nitrous Oxide has a proven track record of being very safe, providing exceptional relief of anxiety. Nitrous oxide is transported in the blood as a free gas and is eliminated by exhalation. Nitrous oxide does not work in the presence of oxygen, hence being a very safe gas. N2O delivery systems are equipped with a fail-safe feature, which prevents N2O delivery without oxygen.
- Nitrous oxide is turned off at the end of the procedure and 100% oxygen is given. The mild gas is quickly eliminated and there are no prolonged side effects so your child may resume normal activities. Possible side effect being that of nausea but only in very rare instances.

Silver Diamine Fluoride (SDF)

- Avoid eating or drinking for 30 minutes along with no brushing for 24 hrs, this will allow the SDF to fully penetrate the treatment site.
- A cavity in the presence of SDF will **darken** over the next 24 hours. **This is a good sign**; SDF is killing the cavity-causing bacteria deep in the carious lesions (cavities).
- If the soft tissues, such as the cheek or surrounding gums, accidentally contact the SDF, they will darken. This discoloration will go away completely within 10 days.
- SDF kills present cavity-causing bacteria, **but does not prevent bacteria from coming back**. Therefore, even after SDF application, **it is important to continue maintaining your child's teeth** with **twice a day brushing and daily flossing** to prevent the return of cavities at sites of SDF application and new cavities.

* For any discomfort Children's Tylenol, Ibuprofen, or Motrin is recommended.

* Your child may run a low-grade fever (less than 102 degrees) depending on the procedure. Children's Tylenol, Ibuprofen, or Motrin may be given. Alternate Tylenol (acetaminophen) and Motrin (ibuprofen) every three hours to help reduce pain and fever, if giving both.