



Post-Operative Instructions

Home care is important to maintain a healthy smile, and as with any procedure, post-operative care is important for healthy healing and maintenance. Please review the general tips on how to care for your little one's smile after certain procedures.

Local Anesthetic/Numbness:

- The sensation of being numb after the appointment is typically the most challenging aspect for a child to understand.
- 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).
- Monitor your child closely so that he/she does not bite, suck, or chew on their tongue, cheek or lips as this can result in swelling. If swelling does occur, it can be treated with intermittent cold compresses and over the counter pain medications (Motrin/Tylenol) until the swelling subsides.

Extractions:

- Have your child bite on the provided gauze until bleeding is controlled, which may take up to 30 minutes.
- Avoid sippy cups, bottles, straws and pacifiers for the first 24 hours after the procedure. The sucking action may cause prolonged bleeding.
- Avoid 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 heavy bleeding occurs, have your child bite on a gauze or tea bag for 15 minutes.
- If bleeding continues or is not controlled, call our office immediately.

Fillings and Sealants:

- Your child's bite may feel different for 1-2 days.
- Avoid grinding or chewing on extremely hard food (ice, hard candy, etc.) as they can break the bond between the filling or sealant.
- Avoid sticky food for at least 3 days.

Crowns and Space Maintainers:

- Your child's bite may feel different for 1-2 days.
- The gums around the crown may be sore initially. Some slight bleeding around the crowns is also common. It is important to brush the gums around the crown in gentle circles to help the area heal and remain healthy.
- You can resume flossing around the crown after 24 hours.
- Avoid sticky foods. Extremely sticky foods (tootsie rolls, caramel, taffy) can cause a crown to come off. If this happens please call our office ASAP for an appointment to have the crown recemented.

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