



## Post Operative IV Sedation Instructions

- Make sure someone remains with your child all day
- A soft food diet is recommended for the remainder of the day
- Brush very gently tonight; flossing may be resumed tomorrow
- Rinse with warm water throughout the day as needed
- Follow the Anesthesia Team's post operative instructions for pain medication if needed
- If any questions or concerns occur before your child's 2-week follow-up appointment, please call our office

### 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.)
- 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 of the gums 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.
- If prescribed, use Periogard to apply to healing gum tissue. (we recommend applying Periogard with a Q-tip to the gum line 3-5 times daily for 7 days or as needed. Avoid eating or drinking for 30 minutes after application.)
- 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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