

Post Operative Instructions

(What do I do now that my child has a filling, extraction, or crown???)

Please be aware that a “filling” can weaken a tooth and make it MORE likely to develop a new cavity than a tooth without a filling. Help your child avoid sticky and/or hard candy, sweet beverages (including 100% juice) and maintain appropriate recall examinations as directed. Thank you!

Restorations (Tooth-colored filling with anesthesia)

-The lip, teeth and tongue may be numb for 2 to 4 hours after the appointment. Be careful not to let your child accidentally bite or chew on their lip. Young children may say that it hurts or to “take it out” as they cannot fully communicate what it feels like to be numb.

-Your child may say that their tooth feels tight as they become accustomed to the feeling of the “filling”. If they have a hard time chewing or they complain of discomfort after 2 days, please call our office. Their filling may need to be adjusted.

-The gums may appear red and irritated following your child’s appointment and a slight amount of bleeding is normal. This will go away within days of good homecare.

Crowns

-A stainless steel crown was fitted on one or more of your child’s teeth today.

-Crowns can become loose from chewing ice or hard, sticky foods. Please help your child avoid these foods.

-If a crown comes off, please call our office immediately, as we as we can recement the crown for a nominal charge.

-If the crown has been out of the mouth for a long time, we cannot refit the crown. The adjacent teeth shift and require placement of anew crown. There will be a charge for the new crown.

Extractions

-Your child’s lip, cheek and tongue may be numb for 2 to 4 hours. During this time children may accidentally bit their lip, cheek or tongue without any pain. Please observe your child to help avoid unnecessary injury.

-A small amount of bleeding is normal after tooth removal. Have your child bite on the gauze provided for 30 minutes with firm pressure. Repeat this procedure 2 or 3 times if necessary. Call if this does not control the bleeding. Do not allow to chew on the gauze, spit, or use a straw. This can cause more bleeding.

-A soft diet is recommended for the first 24 hours. It is important for your child to maintain their nutrition and hydration.

-Brush the remaining teeth daily, but do not rinse or use a mouthwash for 24 hours. Tomorrow you may have your child rinse with some warm salt water if necessary (1/2 tsp. salt in 8 oz. of warm (NOT HOT) water.).

-Give your child Tylenol (acetaminophen) for any post-operative pain/discomfort. Give them the same amount you would if they had a headache or just had immunizations. Do not give the child aspirin. If pain persists after 48 hours, please call our office.

-Swelling after an extraction is NOT uncommon and should not cause alarm. Apply an ice pack for 15 minutes on and 15 minutes off for the next 24 hours following tooth removal.

Nitrous Oxide/Oxygen

-Nitrous oxide (laughing gas) may have been a part of your child's treatment today.

-Nitrous oxide is a very short-acting, mild sedative agent that we use to help relax and calm your child during treatment.

-The effects of nitrous oxide are only felt while your child is breathing it. Your child will be able to resume normal daily activities upon dismissal from our office.

Please feel free to call if you have any additional questions or complications. If you feel there is an emergency and Dr. White cannot be reached, call 911 or the hospital immediately.

Halley White, DDS, MPH