



Post-Operative At Home Care

Your child was treated in our office today, and may require additional at home care. Please review the instructions listed below and let us know if you have any questions.

____ **Local Anesthesia:** Your child will experience numbness for up to 90 minutes. While your child is still numb, please watch that he/she does not bite his/her lip or chew his/her cheek. Do not allow your child to chew food or drink anything hot until the numbness has worn off.

____ **Nitrous Oxide:** Before your child leaves our office, all of the nitrous oxide has left his/her system. Your child inhaled oxygen for approximately 10 minutes after his/her treatment to ensure this. There should be no at-home side effects from the nitrous oxide.

____ **Sealants:** This preventative treatment places a protective coating over the tops of his/her back teeth to help fill in the pits and grooves where food can be caught. Your child can eat and drink right away. However, please do not allow them to chew ice or any other very hard substance (hard candy, etc), as it may chip away at the protective coating.

____ **Amalgam (Silver) Filling:** Please do not allow your child to eat anything sticky or hard (ie: potato chips, sticky candy, crunchy cereal, popcorn, raw carrots/apples) for the next 24 hours. The restoration is still hardening in the tooth and is susceptible to breaking for the next 24 hours. Resume normal brushing this evening and normal flossing tomorrow.

____ **Composite Resin (Tooth-Colored) Filling:** Please have your child resume normal brushing and flossing this evening. Your child may experience sensitivity to hot and cold for 4-6 weeks.

____ **Glass Ionomer (Tooth-Colored) Filling:** Please have your child resume normal brushing and flossing this evening. Your child may experience sensitivity to hot and cold for 4-6 weeks.

____ **Stainless Steel Crown:** These crowns go below the gum line. As a result, the gums around the crowns will be sensitive to brushing and flossing for 1 to 2 weeks. In order for the gums to heal quickly, it is important that your child resume normal brushing and flossing this evening even though there may be some discomfort. Please avoid sticky foods like candy, fruit snacks, gum, etc.

____ **Composite Resin or NuSmile Crown:** These crowns go below the gum line. As a result, the gums around the crowns will be sensitive to brushing and flossing for 1 to 2 weeks. In order for the gums to heal quickly, it is important that your child resume normal brushing and flossing this evening even though there may be some discomfort. Also, please do not allow them to bite into anything hard with their front teeth. Examples of things to avoid biting into are: corn on the cob, apples, pizza crust, carrots. These items and ones of similar consistency should be cut up and chewed with the back teeth. Biting into these items could result in a fracture of the crown. Please avoid sticky foods like candy, fruit snacks, gum, etc.

____ **Extraction:** Please ask your child to bite down on a wet gauze bandage for 15 minutes, changing as needed. Bleeding usually stops within 30-60 minutes. Do not let your child brush his/her teeth, or rinse or spit vigorously for the rest of the day. However, it is important to start brushing again tomorrow to keep the mouth clean. Please avoid hard foods for the rest of the day. Do not let your child drink through a straw or drink any carbonated beverages for 48 hours.

____ **Space Maintainer:** It usually takes about 2 days to adjust to the feeling of the space maintainer. You may notice some changes in speech and/or swallowing; these will resolve within a week. Please do not allow your child to play with this appliance while he/she gets used to it. The space maintainer will be evaluated at each cleaning appointment, and will remain in place until the adult tooth erupts. Please avoid sticky foods like candy, fruit snacks, gum, etc.

If your child experiences discomfort, give them what you normally give them for pain (for example Children's Tylenol if they have no allergies to this). Avoid aspirin.

If your child experiences severe pain or bleeding, please call our office immediately at (303)422-3746!