



DAVIS PEDIATRIC DENTISTRY

## LOCAL ANESTHETIC / EXTRACTION PEDIATRIC DENTAL PROCEDURE POST OP INSTRUCTIONS

### INSTRUCTIONS TO PARENTS OF CHILDREN WHO HAVE RECEIVED LOCAL ANESTHESIA

Your child has just had local anesthesia. There is a feeling of numbness on the cheek, lip, and/or tongue. Kindly observe the following:

1. **DO NOT** let your child suck, bite and chew the lip, tongue or cheek on the side where the dental work was done.
2. An injured cheek, lip or tongue will appear red and raw. Swelling will occur and later will appear yellowish.
3. The local anesthesia should wear off several hours after treatment. If possible, refrain from feeding your child or instruct him/her to chew on the opposite side until normal feeling has returned.
4. If an injury has been sustained, clean the area with warm salt water rinses. Apply cold pack immediately to the side of the injury.
5. For further information, contact the Davis Pediatric Dentistry at 520-326-8516.

### EXTRACTION → A TOOTH HAS BEEN TAKEN OUT, HERE'S WHAT TO DO:

1. Keep the gauze on the extraction site with pressure for 30 to 45 minutes. (Young patients may need help)
2. **DO NOT** keep checking under the gauze or changing the gauze. This will prolong the bleeding.
3. If the extraction site is still pooling blood after the first 30-45 minutes, then replace with new gauze and maintain pressure for another 30-45 minutes. Repeat a third time if needed.
4. If you cannot stop the bleeding contact Davis Pediatric Dentistry for help.
5. Maintain fluid intake, but **DO NOT** use a drinking straw the first 24 hours.
6. Begin with soft foods and soup. Regular foods as tolerated thereafter.
7. **DO NOT** rinse or brush the teeth the first night after the extractions.
8. **DO** start brushing and rinsing the next day.
9. Take the following medications: \_\_\_\_\_

### SEALANT POST OP INSTRUCTIONS

Your child may complain today of a feeling that they cannot get their back teeth together. This feeling will go away over the first 24-48 hours as the bite adjusts.

Many children will complain of a sour taste for a few minutes after sealant application. Usually a flavored drink will help to alleviate the taste.

Your child does need to wait to eat (hard and crunchy foods). The sealants will reach maximum hardness in 24 hours. It is recommended to follow a soft diet during this time. Please have your child avoid chewing on ice chips and very hard objects such as jawbreakers since they may chip the sealant. This advice should be followed on a regular basis. Your child's sealants will be checked at all of your children's check-ups.

### FILLING POST OP

If your child received local anesthetic today, please watch them closely for chewing or biting of the lips or cheek for 2-4 hours. Lip bites are common with local anesthetic in children and can create a large canker sore. (see above)

**Standard White Filling (Composite):** When the child leaves our office, the filling will be as hard as it will ever get – Your child may eat as soon as the numbing wears off.

**Glass Ionomer White Filling:** This is a white filling that can be used in a slightly wet environment. This filling also releases a small amount of fluoride to decrease further decay. It will not be as hard as it can be until 24 hours after the procedure. Your child's diet should consist of soft foods, no harder than chicken nuggets during this time period.

**Alloy/Metal Filling (Amalgam):** This is a silver filling used for larger cavities or wet conditions. This filling will not be as hard as it will be until 24 hours after procedure. Your child's diet should consist of soft foods, no harder than chicken nuggets during this time period.

**IF YOU ARE CONCERNED; WE ARE CONCERNED**  
**After hours Emergency Phone Number – (520) 326-8516 (Follow the Prompts)**  
**Thank you for allowing us to participate in your child's care!**

Additional INFO on Page 2

### **SPACE MAINTENANCE POST OP INSTRUCTIONS**

Today your child had a space maintainer placed in their mouth. This was placed to maintain space until your child's permanent tooth is ready to erupt. Your child may have some discomfort during the initial few days following the placement; this is very similar to the placement of orthodontic bands or wires.

- Please avoid eating for 2 hours and stick to soft foods today, such as pancakes, scrambled eggs, ice cream, spaghetti, etc. Please keep the tissues around the bands or crown very clean. Please help your child to brush in this area, if necessary.
- To avoid the cost and time of replacement, please avoid sticky foods such as taffy's, caramel's, gummy bears, etc.

If the appliance becomes loose or falls out (keep the appliance) – contact our office (520.326.8516) as soon as possible to have it re-cemented.

### **NERVE TREATMENT/STAINLESS STEEL CROWN POST OP INSTRUCTIONS**

Your child received local anesthetic today. Please watch them closely for chewing or biting of the lips or cheek for 2 hours. Lip bites are common with local in children and can create a large canker sore. (see page 1 for more Local Anesthesia Post OP Instructions)

#### **Pulpotomy/Pulpectomy**

If the stainless steel crown or final restoration was not placed today, please be very careful that your child does not chew on sticky or hard foods until after their next appointment.

Your child may have sensitivity following treatment – Contact our office if it keeps your child up at night or if it lasts longer than 4 weeks.

The success of a baby tooth pulpotomy/pulpectomy depends on the severity of the inflammation in the nerve of the tooth, and the body's reaction to the inflammation and the treatment. A Tooth may abscess with or without pain; therefore, it is recommended that regular check-ups be made in order to keep the teeth under observation.

#### **Stainless Steel Crowns/White Faced Crowns**

Please avoid eating on the tooth for two (2) hours and stick to soft foods today such as pancakes, scrambled eggs, ice cream and spaghetti.

Please keep the gum tissues around the crown very clean, and especially for the next week,

- Use a soft cloth with warm water (not hot water) to gently rub the teeth for the first 2-3 days. (especially following meals)
- On the 2<sup>nd</sup> or 3<sup>rd</sup> Day switch to a soft bristled toothbrush.

A little bit of gingival bleeding is very normal during the healing process (usually 2-3 days) but can last considerably longer if oral hygiene is not maintained.

Please avoid sticky foods such as taffy, caramels, they have a tendency to dislodge, loosen, or remove the stainless steel crown.

**IF THE CROWN BECOMES LOOSE OR FALLS OUT (KEEP THE CROWN) – CONTACT OUR OFFICE (520.326.8516) AS SOON AS POSSIBLE TO HAVE IT RE-CEMENTED – THE CROWN SHOULD BE REPLACED WITH IN 2 WEEKS**

**\*Monitoring your child closely for the next 1 ½ to 2 hours.**

**Younger children have a tendency to “chew” on their lip while it is numb. This can result in significant swelling and discomfort.**

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**Thank you for allowing us to participate in your child's care!**