

Aliso Kids Dental & Orthodontics

949-643-2222

Post Operative Instructions

Local Anesthetic ("Novacaine"): If your child has been given a local anesthetic today, your child's mouth (tooth, lip & tongue) will be sleeping for approximately 2 to 3 hours. Some children become very upset (even cry hysterically) and complain of pain when they realize their mouth feels "different". Please do not be alarmed! Many children are unfamiliar with this numb sensation and associate this with pain. Reassure your child that the "funny feeling" will go away in about 2 hours. Please continue to watch your child closely and have your child continue biting on the cotton roll to prevent them from biting and sucking on their lips, cheeks or tongue. **What to Eat:** Your child should have his/her diet limited to soft foods for 2 hours following the dental procedure to prevent biting of the lips or tongue while numb. The following foods are acceptable: milk shake or smoothies, ice cream, pudding, jello, soup, mashed potatoes, pasta, yogurt or any other foods of this consistency.

Extraction (Removal of Tooth):

Continue biting on gauze for 15-20 minutes until the bleeding stops.

- a. **You may resume brushing tonight**, brushing gently around the site of the extraction.
- b. **Starting TOMORROW**, you may use warm salt water rinses to keep the extraction site clean. Simply place 1 to 2 teaspoons of salt in a warm cup of water - stir - then have your child swish by mouth 3 to 6 times daily, or at least after each meal or snack.
- c. If your child is too young to swish, simply dip a piece of gauze in a mixture and swab the extraction site well after each feeding. This area should heal up in approximately 2 to 3 weeks.
- d. **Soft foods** are usually tolerated the best for the first few days following the removal of the tooth/teeth.
- e. **Important! Do NOT allow your child to suck from a straw or drink carbonated beverages for 24 hours.**

Resin Crowns (White Crowns) and Resin (White) Fillings on front teeth: Do not bite anything hard with front teeth. Example: Cut apples and carrots into small pieces and have child chew with their back teeth.

Stainless Steel Crowns (Metal Crowns) and Metal Space Maintainer: Avoid Sticky foods such as gum, sticky candy, caramel, starburst, gummy candy, and fruit roll-ups. Do not drink carbonated drinks or sodas. If your child's crown or spacer does come off, please save it and call the office as soon as possible so it can be recemented. Discomfort can be common at first and your child may need time to get used to it.

Filling (White or Silver): Most children adapt and adjust very well to new dental work. However, if the fillings are deep due to the extent of the decay, they may complain of some discomfort. Do not be alarmed! Sometimes it takes a few weeks for the tooth to settle down and feel comfortable.

Sealants: Your child must avoid eating ice or chewing on hard sticky candies which can dislodge or chip the sealant, rendering it ineffective. Please also be advised sealants do not protect the surfaces in-between the teeth so your child must still floss to prevent this type of cavity from developing between the teeth. Ask us about our "Sealant Guarantee".

Pain: If your child expresses pain or discomfort you can give either children's **Motrin (Ibuprofen)** or **Tylenol (Acetaminophen)** according to the instructions on the bottle.

Rx:

