



## POST-OPERATIVE INSTRUCTIONS

The following information for post-operative care is given to aid your child after their dental care. The checked boxes are the instructions that apply to the procedures that were performed today.

### ■ Sealants:

Sealants are placed on the teeth without the use of local anesthesia; however, your child may feel that his teeth do not fit together properly for a few hours. Crunching ice, eating sticky food such as candy or gum, should be avoided because it may dislodge the sealant.

### ■ Restorations requiring local anesthesia:

(examples include fillings and crowns)

Local anesthesia was used to complete your child's treatment today. The lips and tongue may be numb. Because your child may not be able to control their tongue, it is best if your child does not chew food until the anesthetic has worn off (about 2-3 hours.) Soft foods which do not require chewing, milkshakes or beverages are suggested to avoid biting the tongue. Children tend to bite or pinch their numb tongue and lips so watch your child carefully and stop this behavior to prevent soreness.

### ■ Extractions:

It is important to permit a strong clot to form at the site of the extraction. For this reason, carbonated beverages should be avoided for 24 hours. To prevent dislodging the clot, no drinks should be taken through a straw. If spitting is necessary, it should not be done forcefully. Soft foods are recommended for 24 hours. If the child has an activity after the extraction (sports or dance), they should be able to participate but could aggravate the extraction site and cause recurrent bleeding. Pressure with a gauze will be effective to stop the bleeding.

### ■ Swelling and Pain:

Mild swelling and some discomfort are normal occurrences following extractions and some restorations. The gum tissue may be sore and some inflammation is expected. Children's Tylenol or Advil (ibuprofen) should relieve any minor discomfort.

If your child continues to experience pain or swelling after 24 hours, please notify our office at 972/727-0737.