

## **Pediatric Dental Procedure Post-Operative Instructions**

Your child has undergone a dental procedure(s) today. Some or all of the following instructions may be helpful.

### **Sealants:**

1. There are no eating or drinking restrictions after sealant application (except avoiding stick candy!).
2. Flossing and brushing are still extremely important, even after sealants are placed. Sealing teeth is only one part of the preventative strategy.
3. Sticky and hard candies (i.e. Taffy, Jolly Ranchers, etc.) while never a good idea, are especially harmful after having sealants placed. These sealants can be pulled off with this kind of candy. Chewing gum, however, is not restricted.
4. Sealants may feel “slippery or smooth” until a few meals are eaten. This is completely normal.

### **Local Anesthetic (numbing medicine):**

1. If numbing medicine was used, avoid eating until all feeling has returned to the area.
2. Be aware that scratching, sucking or biting numb area may cause significant injury to oral tissue.
3. Avoid hot liquids while area is numb.
4. Cold liquids and/or popsicles may feel soothing to the numb area.
5. Numbness may last several hours; every child is different.
6. When numb area is “waking up” it may feel like “tingles” or “sparkles;” do not be alarmed.

### **White Fillings:**

1. There are no eating or drinking restrictions after having white fillings places unless local anesthetic was used.
2. Flossing and brushing after filling placement is extremely important. Teeth that have had cavities are vulnerable to more cavities, even after they have a filling.
3. Sticky and hard candies (i.e. Taffy, Jolly Ranchers, etc.), while never a good idea, are especially harmful after having white fillings placed. These fillings can chip or break with this kind of candy. White fillings on front teeth are vulnerable to fracture, so please avoid biting into hard food and food that needs to be “pulled” (i.e. pizza crust). Cut this food up before eating.

### **Silver Fillings:**

1. Eating and drinking can resume immediately after a filling is placed if no local anesthetic was used. However, please avoid “sharp and crunchy” food for 24 hours after having a silver filling placed.
2. Flossing and brushing after filling placement is extremely important. Teeth that have had cavities are vulnerable to more cavities, even after they have a filling.

### **Extractions:**

1. Bite on gauze until bleeding has stopped, usually 30-60 minutes.
2. If bleeding continues beyond 1 hour, have child bite on a cold damp tea bag.
3. If area where tooth was removed is painful, treat the child with appropriate dose of acetaminophen (Tylenol). If that does not relieve the pain in 1 hour, give the child the appropriate dose of ibuprofen (Advil, Motrin). Remember that acetaminophen can only be given every 4 hours and ibuprofen can only be given every 6 hours. **DO NOT EXCEED YOUR CHILD'S RECOMMENDED DOSE.**
4. Remember that when saliva mixes with drainage from the extraction site it may look like a lot of bleeding, but may indeed be very watery. Extraction sites may ooze for several hours, heavy bleeding, however, is not normal so if that occurs please call our office.

### **Space Maintainers (Band and Loop, Nance, Lingual Holding Arch):**

1. Bands are cemented onto teeth with orthodontic-type cement. Sticky food or candy can pull the bands off the tooth. Avoid these foods.
2. Cleaning around the bands, especially at the gum line, is extremely important. Use a soft toothbrush and floss to clean at least twice daily.
3. Food and debris may get trapped in the spacer. Rinsing vigorously with water after meals can help minimize this problem.
4. If spacer becomes loose or dislodged please call our office. If it has come out completely put it in a bag and bring that with you to your appointment to have the spacer re-cemented if it has not been altered in shape.

### **Nitrous Oxide:**

1. Some children are given nitrous oxide/oxygen (commonly known as laughing gas) to relax them for their dental treatment. Nitrous oxide/oxygen is a blend of two gases, oxygen and nitrous oxide. Nitrous oxide/oxygen is given through a small breathing mask which is placed over the child's nose, allowing them to relax, but without putting them to sleep. The American Academy of Pediatric Dentistry recognizes this technique as a very safe, effective technique to use for treating childrens' dental needs.
2. The gas is mild, easily taken and with normal breathing it is quickly eliminated from the body. It is non-addictive. While inhaling nitrous oxide/oxygen, your child remained fully conscious and kept all natural reflexes. We do not anticipate any adverse reactions related to the administration of laughing gas to your child.

**IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE TO SPEAK WITH DR. RENO OR A STAFF MEMBER – WE WOULD BE HAPPY TO HELP!**