

# INSTRUCTIONS AFTER DENTAL TREATMENT

## GENERAL INFORMATION FOR ALL DENTAL TREATMENT THAT REQUIRES LOCAL ANESTHETIC

- Children should be observed until the numbness wears off. Due to the strange feeling of the anesthetic, children sometimes chew the inside of their lips, cheeks or tongue which may result in pain, tissue damage, and/or swelling in the area.
- Children should not eat for at least 1 hour after the anesthetic. If your child is hungry encourage liquids such as smoothies. \*If child has received IV sedation, please avoid dairy products.\*
- The lips may be dry. For dryness, Vaseline or a lip balm may be applied to the lips.
- Patients usually will not experience pain, however, discomfort may be treated with Tylenol elixir if your child is not allergic to Tylenol. Please follow recommended dosage and instructions on the label.
- The gum tissue and/or the anesthetic injection site may be sore for a few days.
- Brush the teeth gently and thoroughly every day as usual. This should be done by an adult, since young children lack the hand skills and motivation to clean the teeth properly.

## EXTRACTIONS

- Encourage child to bite on the gauze for the first 15 to 20 minutes after leaving the office. The child should not chew on the gauze. Your child will be provided with extra gauze, if not, please let the assistant know prior to leaving the office.
- Today's diet should consist of cool liquids and soft foods. Do NOT have child drink liquids through a straw. The sucking action may disturb the clotting and cause bleeding to occur.
- Clear liquids examples include: ice chips, popsicles, clear fruit juices and water.
- The first meal should be soft requiring little chewing. Examples include: applesauce, scrambled eggs, jello, ice-cream, mashed potatoes, macaroni & cheese, soup and yogurt. \*If child has received IV sedation, please avoid dairy products.\*

## CROWNS

- After the local anesthesia wears off, the bite may feel different. It takes a few days to get accustomed.
- Avoid chewing on hard, sticky foods and candies.
- If crowns in the front were done, cut carrots, apples etc. in pieces and encourage your child to chew them with their back teeth.

## SEALANTS, SPACE MAINTAINERS AND PEDO. PARTIALS

- The bite may feel different. It takes a few days to get use any new change in the mouth.
- Avoid chewing on hard, sticky foods and candies.
- Regular brushing and flossing should maintained and these in turn will increase the longevity of the treatment.