

POST TREATMENT INSTRUCTIONS

- When your child has received a local anesthetic (Mouth is numb):**
- The anesthesia generally lasts 2-5 hours. It may last a shorter or longer amount of time depending on the type of anesthetic administered.
 - The lips, cheek, tongue, chin and nose may be numb. Watch your child closely to make sure he/she does not chew, play with, rub, suck, scratch or poke these areas.
 - Soft food is recommended for the first three hours. (For example: Soup, apple sauce, yogurt, grits, mashed potatoes)
 - The area where the injection was given may be sore for up to three days. In some cases the area may appear swollen or bruised, which is normal.
- A silver filling (amalgam) was placed:**
- Do not allow your child to eat anything hard or sticky for the next four hours.
 - Your child may notice a metallic taste in the mouth.
 - Some sensitivity to cold is normal. This is common for the first two weeks.
- A sealant or tooth colored filling was placed:**
- A sour taste may be noticed in the mouth.
 - It may feel different when your child bites down. This will go away in a day or two.
- A stainless steel crown (silver cap) or space maintainer/spacer was placed:**
- The gums may be sore and irritated. They will take approximately two weeks to completely heal.
 - The gums may appear swollen. The color of the gums will vary from red to blue, then white as they heal.
 - The gums will be sore for about three days. Children's ibuprofen (Motrin) or Children's acetaminophen (Tylenol) may be given for pain. Follow the manufacturer's directions for use and dosage according to your child's weight or age.
 - As they heal, keep the gums clean by brushing them. Slight bleeding from the gums is normal the first few times your child brushes their teeth.
 - Swishing with warm salt water three to five times per day will help soothe the gums. (1 tsp per 6oz of water). If your child is too young to swish/spit, then you can dab salt water on with a cloth.
 - For the lifetime of the crown, avoid sticky candy like Now and Later, Laffy Taffy, Tootsie Rolls, Caramel and chewing gum.
 - If a crown comes off, this is not a dental emergency. Please call our office within 3 days so we may replace the crown.
- When a tooth has been removed (extracted or pulled):**
- A piece of gauze will be in the mouth over the area where the tooth was removed (extraction site). Please insure your child keeps their mouth closed firmly on the gauze for 30 minutes. Extra gauze has been provided. Should the area begin to bleed, place the gauze over the extraction site and maintain firm pressure for 15 minutes.
 - The gums will be sore and irritated. They will take approximately two weeks to completely heal. The gums may appear swollen. The color of the gums will vary from red to blue, then white as they heal. Do not play with or pick at the extraction site.
 - The gums will be sore for several days. Children's ibuprofen (Motrin) or Children's acetaminophen (Tylenol) may be given for pain. Follow the manufacturer's directions on the box.
 - Starting tomorrow, swishing with warm salt water (if able) three to five times per day will help soothe the gums. (1 tsp per 6oz of water).
 - Soft foods are encouraged the first 24 hours. Salty foods, carbonated beverages, spicy foods and citrus food/drinks should be avoided for the first three days.
- A medication was prescribed:**
- Please take all medication as directed on the bottle.
- Topical Fluoride was applied:**
- Please wait 30min before eating, drinking, or rinsing the mouth
- Fluoride Varnish was applied:**
- You may notice a thin film of the fluoride on the teeth. This is a normal temporary condition. Do not disturb the fluoride.
 - The fluoride material should remain on the teeth for 24 hours. Please do not brush during this time. Avoid eating sticky or crunchy food for the first 24 hours