

Postoperative Instructions

Tooth Extraction

1. Give child soft foods only for 5 days. Any food you can pinch between your fingers is fine. Avoid foods that are hard and crunchy. Avoid foods with small seeds. Avoid foods that are salty or acidic. Examples of good post-extraction foods: Yogurt, Applesauce, Smoothie (no raspberry seeds), soft bread, noodles, rice, ice cream, etc. Avoid using straws, sippy cups and bottle if possible for first 24 hours after extraction to avoid disrupting the blood clot that has stopped the bleeding.
2. Your child should bite on a gauze for ~10 min after leaving the appointment. Additional gauze will be given to you. If your child has a little redness in their saliva, this is normal. If you look in their mouth and see active bleeding from the extraction site, moisten a gauze, towel or paper towel and have them bite on it for 20-30 min. If this does not stop the bleeding, contact our office.
3. If a resorbable packing material was used in the extraction socket, you will be informed. This material will resorb on its own. If it does fall out (it looks like a brown worm), do not be alarmed, just discard it and don't try to put it back in.
4. Your child will be numb for 2-3 hours after the procedure. They should not have any foods that must be chewed during this time frame. Your child can have something to drink or something that can be spooned in such as yogurt, a smoothie or milkshake. Make sure they do not bite or suck on their lip or cheek. If this does occur, their lip or cheek may swell significantly. This swelling will be localized to the area where they were numb. If your child has swelling of their lips in areas that were not numb for the procedure, contact your dentist or contact emergency services immediately if they are having any difficulty breathing. They may also develop an ulcer on the affected lip/cheek that looks like a burn. If this occurs, we recommend using Tylenol as needed for pain and continuing on the soft, bland diet until the swelling subsides and ulcer heals. Place Vaseline or a lanolin-based cream on the area to aid in healing. It may take up to 2 weeks to fully heal. If you have any concerns about the healing, please contact our office.
5. Give your child a dose of Tylenol prior to the numbness wearing off to help prevent post-operative pain. After this, give your child Tylenol and/or Ibuprofen as needed for pain. Follow over-the-counter package instructions for dosage and frequency based on child's weight and age.
6. You can begin gentle brushing around the extraction site 24 hours after surgery. You can also have your child gently rinse with a warm salt water rinse (1/4 tsp salt to a glass of warm water) to help with any discomfort.

Tooth Filling

1. Your child will be numb for 2-3 hours after the procedure. They should not have any foods that must be chewed during this time frame. Your child can have something to drink or something that can be spooned in such as yogurt, a smoothie or milkshake. Make sure they do not bite or suck on their lip or cheek. If this does occur, their lip or cheek may swell significantly. This swelling will be localized to the area where they were numb. If your child has swelling of their lips in areas that were not numb for the procedure, contact your dentist or contact emergency services immediately if they are having any difficulty breathing. They may also develop an ulcer on the affected lip/cheek that looks like a burn. If this occurs, we recommend using Tylenol as needed for pain and continuing



on the soft, bland diet until the swelling subsides and ulcer heals. Place Vaseline or a lanolin-based cream on the area to aid in healing. It may take up to 2 weeks to fully heal. If you have any concerns about the healing, please contact our office.

2. Give your child a dose of Tylenol prior to the numbness wearing off to help prevent post-operative pain. After this, give your child Tylenol and/or Ibuprofen as needed for pain. Follow over-the-counter package instructions for dosage and frequency based on child's weight and age.

3. Your child's bite may feel different for a couple of days. If this does not improve after 2-3 days, contact our office.

Tooth Crown

1. Your child will be numb for 2-3 hours after the procedure. They should not have any foods that must be chewed during this time frame. Your child can have something to drink or something that can be spooned in such as yogurt, a smoothie or milkshake. Make sure they do not bite or suck on their lip or cheek. If this does occur, their lip or cheek may swell significantly. This swelling will be localized to the area where they were numb. If your child has swelling of their lips in areas that were not numb for the procedure, contact your dentist or contact emergency services immediately if they are having any difficulty breathing. They may also develop an ulcer on the affected lip/cheek that looks like a burn. If this occurs, we recommend using Tylenol as needed for pain and continuing on the soft, bland diet until the swelling subsides and ulcer heals. Place Vaseline or a lanolin-based cream on the area to aid in healing. It may take up to 2 weeks to fully heal. If you have any concerns about the healing, please contact our office.

2. Give your child a dose of Tylenol prior to the numbness wearing off to help prevent post-operative pain. After this, give your child Tylenol and/or Ibuprofen as needed for pain. Follow over-the-counter package instructions for dosage and frequency based on child's weight and age.

3. The gums around your child's crown will be sore for a few days. Warm salt water rinses (1/4 tsp salt to 1 cup warm water) may help with healing. Over the counter Tylenol may be used as needed for pain.

Space Maintainer

1. It is important to keep your child's teeth and the space maintainer clean with good brushing and flossing

2. Avoid sticky and retentive foods (i.e. hard candy, caramels, fruit snacks, etc.)

3. Call our office if the space maintainer because loose or bent or come out. If the space maintainer comes out, put it in a plastic bag and bring it to your appointment.