

Post-Operative Instructions for restorative dentistry.



Please read these instructions carefully prior to your child's dismissal. Dental assistants will be escorting your child into the treatment room and will be dismissing him/her upon completion of treatment. If you are uncertain about any proposed treatment, or if you have any questions that they cannot answer, you must request to speak with the doctor prior to your child's treatment.

General guidelines

1. Make sure that your child does not bite or chew his/her lip, cheek, or tongue where it is numb. Try to leave the cotton roll in place until the numbness subsides (1-3 hours).
2. There should be no eating until the numbness subsides. Your child can drink or swallow anything that does not require chewing. Continue a soft diet the remainder of the day.
3. Give your child Tylenol elixir or Children's Advil (as directed for his/her age) every 4 to 6 hours on the day of treatment.
4. Bruising and/or slight swelling at the site of the injection is possible; if it seems extreme, please notify us.
5. Good oral hygiene is very important to prompt healing of the gingival tissues. Gentle, yet thorough, cleaning should begin today.

Crowns

1. The gums around the crowns will be tender and bleed easily for approximately a week. Clean gently with a soft toothbrush or a wash cloth today and begin thorough tooth brushing tomorrow.
2. Avoid hard candies, sticky foods and gum to prevent displacement of the crown.
3. If excessive gingival irritation or bleeding persists around the crown after one week, please notify us.

Amalgam or composite fillings

1. The fillings are very fragile the first day. A very soft diet is therefore encouraged.
2. There may be an increased sensitivity to cold the first few weeks. If this persists, please call.

Pulpotomy or pulpectomy

1. There should be no residual discomfort following either a pulpotomy or pulpectomy; if your child reports deep spontaneous pain, please call.
2. A temporary material may be placed on the tooth in the first step of a pulpectomy. Check this filling daily, as it may wash out.

Extractions

1. A very soft diet is encouraged for at least two days following an extraction.
2. Maintain the gauze in place with pressure over the extraction site for a total of 30 minutes, changing it every 10 minutes. Encourage your child to swallow his saliva to avoid excessive drooling. If heavy bleeding persists, place gauze for a longer period of time (extra gauze provided). If this is unsuccessful, please call.
3. No carbonated drinks or sodas for at least two days.
4. No drinking through a straw for two days.
5. Keep child's fingers away from the extraction site.
6. For swelling, place an icepack over the area for ten minutes, remove for ten minutes, and then reapply for ten minutes. Do this for 30 minutes.
7. If your child can rinse, have him/her cleanse the extraction site by gently swishing with warm salt water. Brush the remaining teeth in the normal fashion. Avoid minty toothpaste the first two days.