Dentistry for Children & Adolescents

Post-Operative Instructions

Treatment Provided:

- **Anesthetic**: Local Anesthetic was used during your child's dental treatment. As a result, their mouth will be "numb" for approximately 2-4 hours. Watch them closely to ensure that your child does not bite, scratch, or injure the cheek, lips, or tongue. Some children become upset and may complain of pain when they realize their mouth feels "different." Please do not be alarmed. Many children are unfamiliar with this numb sensation and may mistake it for pain. Reassure your child that the "funny feeling" will go away in a few hours.
- **Crowns**: Your child's teeth have been covered with a crown, shaped to fit the tooth, cover it completely, and strengthen it, allowing your child to keep the tooth until it naturally falls out. The gum tissue around the tooth may appear to bleed. This is normal. When preparing your child's tooth for a crown, the crown must fit closely against the gum tissue, which may cause minor irritation for a short time.
- **Fillings:** After the placement of dental fillings, teeth may often be sensitive to hot, cold, and pressure for a brief period of time. Recently filled teeth often take several weeks to feel "normal" again.
- **Sealants:** Sealants are resin coatings placed on the chewing surfaces and deep grooves of the back teeth for cavity prevention. Your child can resume normal eating and drinking after leaving the office.

After Dental Treatment:

- **Diet: For at least 48 hours,** your child's diet should initially consist of soft foods (Soup, Yogurt, Macaroni & Cheese, Applesauce, Scrambled eggs, Oatmeal, Jell-O, Pudding, Smoothies, Ice Cream, Mashed Potatoes) and clear non-carbonated beverages. Avoid eating crunchy, hard, or sticky foods, as they can damage the dental material.

- **Discomfort, swelling, or pain**: If your child experiences any discomfort, swelling, or pain, you may give them over-the-counter pain medication.