

# Post-Operative Instructions

Your child may become emotional after the nitrous oxide gas is turned off. They are becoming aware of the sensation of continued numbness. They may say “it hurts,” because they do not know how to explain the feeling. True pain is extremely unlikely because it often takes 1-3 hours for the numbness to wear off.

Have your child hold the gauze on the numb side for at least fifteen minutes to avoid biting or sucking hard on his or her lip, tongue or cheek. Please watch your child closely to avoid this. If minor swelling or biting is noted, please apply an ice pack to the region as soon as possible.



For the next few hours, a **soft food diet** (pasta, mashed potatoes, soups, etc ) is recommended.



**Children's Tylenol or Ibuprofen** can be given for 24 hours, in the case of discomfort.

## AFTER AN EXTRACTION

Have your child bite on the rolled gauze until the bleeding is minimal. This can take up to 30 minutes.



In order to care for the site, we recommend that your child **avoids straws, pacifiers, bottles and sippy cups** as much as possible. Sucking actions can exacerbate the bleeding. **Salty, acidic and small crunchy foods** (nuts, popcorn, tortilla chips etc.) **should be avoided** for 24-48 hours, as small pieces can get stuck in the socket and cause complications.



For the next 24 hours, please **limit your child's strenuous activity**. A small amount of blood oozing may occur and the blood will mix with saliva to look like more than it really is. However, if bleeding becomes heavy, have your child bite on gauze or a teabag. If bleeding cannot be controlled, please call our office immediately.

## AFTER A CROWN OR SPACE MAINTAINER

Dental work was done below the gumline in order to correctly place your child's space maintainer or crown. It is normal for the surrounding gums to be sore and bleed a little bit for the next couple of days. The best way to facilitate healing is to brush twice a day and floss nightly starting tomorrow. Avoiding flossing the area will cause more inflammation and bleeding.

Do not allow your child to pull on or pick at the space maintainer. It may take a few days for the child to get used to the new appliance.



**Sticky and hard candies** (Starbursts, toffees, caramels, gum) **should be avoided** going forward. These will pull on the crown or appliance and cause loosening with time. If loosening occurs or the appliance falls out, please bring it back as soon as possible for recementation.

Please remember that teeth with fillings can develop an additional cavity under and around the filling or on the other side of the tooth. Filled teeth should be brushed and flossed, just like a natural tooth.

If the front teeth were crowned (or filled), they are prone to break if your child bites into hard foods, such as carrots or apples. Going forward, we recommend cutting hard food into small pieces and placing them directly in the back of the mouth.



**JUST KIDS**  
PEDIATRIC DENTISTRY