

IN OFFICE POST OP



ADVANCED
PEDIATRIC
DENTISTRY

COMPOSITE RESTORATIONS

- ▶ Little to no discomfort post op is expected. If discomfort occurs, give Tylenol or Ibuprofen as needed.
- ▶ If discomfort continues longer than 1 week post op, please call the office for an appt. (unless instructed otherwise at appt)
- ▶ Your child may say their bite feels different but they should quickly adjust. If abnormal bite persists, return to office for adjustment.
- ▶ Avoid hard candies and ice as these can break or chip fillings.
- ▶ Try and use traditional floss for fillings placed between the teeth. Floss down and pull out the side.
- ▶ If the filling chips or comes out call our office for an appointment.

STAINLESS STEEL CROWNS & WHITE ZIRCONIA CROWNS

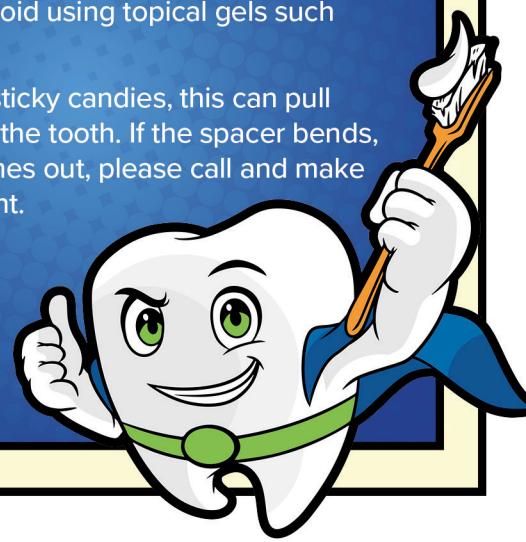
- ▶ Some discomfort feeling like a “tight hug” on the tooth is normal for the first few days.
- ▶ Tylenol or Ibuprofen is okay for discomfort.
- ▶ It may take a few days to a week for your child to get used to the feeling of their new crown.
- ▶ Avoid using topical creams on the gums for discomfort such as OraJel.
- ▶ Avoid chewy sticky candies that will pull on the crown.
- ▶ If the crown comes off, please schedule an appointment with us. Please bring the crown with you to the appointment.
- ▶ Try and use traditional floss opposed to floss picks. When using traditional floss, floss down and pull out the side.

SEALANTS

- ▶ There is no discomfort post op for sealants.
- ▶ Avoid crunchy and sticky foods for 3 days after sealant placement.
- ▶ Your child may say their bite feels different.
- ▶ The material and bite will self adjust as your child eats and talks.
- ▶ Minimize intake of hard candies and ice to avoid loss or chipping of sealants.
- ▶ Sealants may require touch up or replacements. *This is normal long term.*

SPACE MAINTAINERS

- ▶ Some discomfort along the gum lines is normal after placement of spacer.
- ▶ Tylenol and Ibuprofen can be given for discomfort. Avoid using topical gels such as OraJel.
- ▶ Avoid chewy sticky candies, this can pull the spacer off the tooth. If the spacer bends, breaks, or comes out, please call and make an appointment.



SILVER DIAMINE FLUORIDE

- ▶ Your child should not experience much discomfort post op.
- ▶ He or she may have a bitter taste for a few minutes.
- ▶ Black staining may occur on gums, tongue, lip, or skin. *This will fade over a week.*
- ▶ Avoid eating or drinking for 30 minutes.
- ▶ No brushing or flossing for 4 hours post op.
- ▶ Use fluoridated toothpaste when brushing and dip flossers in a fluoridated mouth rinse prior to use.
- ▶ Reapplication may be necessary 3-6 months after initial application.
- ▶ SDF is not always a definitive treatment option.

"SLEEPY TEETH"

- ▶ A numbing sensation for 1-2 hours after leaving the office is expected.
- ▶ It is recommended to avoid eating until full sensation returns. If your child is very hungry, offer yogurt, applesauce, a smoothie, or other foods that do not require chewing.
- ▶ When anesthesia wears off, there may be some discomfort at injection site and possible small bruising in the area. Tylenol or Ibuprofen is recommended as needed.

Watch your child to ensure he or she does not bite, suck, or scratch the anesthetized area. this can cause swelling, damage to gum tissue, and discomfort for up to 2 weeks.

**BEWARE
LIP/CHEEK
BITING!**

EXTRACTIONS

- ▶ Some discomfort post op is expected. Tylenol and Ibuprofen recommended as needed.
- ▶ Diet should consist of soft, cold foods for at least 24 hours post op.
- ▶ No spitting, swishing, or drinking through a straw for 3 days.
- ▶ White tissue in extraction site is consistent with normal healing.
- ▶ Use provided syringe to clear area of food.
- ▶ You may notice pink saliva due to oozing from extraction site for the rest of the day.

NITROUS OXIDE

- ▶ Nitrous Oxide is out of your child's system 5 minutes after being turned off.
- ▶ There are no post op restrictions with Nitrous Oxide.
- ▶ Tiredness after Nitrous Oxide sedation is normal.
- ▶ Your child is okay to return to normal activities once discharged.

PLEASE CONTACT US WITH ANY POST OP QUESTIONS OR CONCERNS!

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