

### **Nitrous Oxide Post-Operative Instructions**

- Your child may resume normal activities once discharged from the office. After treatment is completed, they are placed on straight oxygen for 5-15 minutes allowing for all of the nitrous to exit their system
- Give lots of liquids as soon as possible after the appointment and continue liquids for the remainder of the day.
- Depending on the treatment that was completed will depend if pain relievers are needed after. If your child is having discomfort, give Children's Motrin or Children's Tylenol, as recommended by the manufacturer or by your pediatrician.

### **Numbness Post-Operative Instructions**

- The sensation of being numb after the appointment is typically the most challenging aspect for a child to understand.
- It may take 1-3 hours for the numbness to wear off.
- Avoid eating foods that require much chewing (a soft food diet is recommended).
- Monitor your child closely so that he/she does not bite their tongue, cheek or lips.

### **Silver Diamine Fluoride (SDF) Post-Operative Instructions**

- Avoid eating or drinking (including water) for 30 minutes to allow the SDF to fully penetrate the treatment site.
- The application areas will darken to a black color over the next 24 hours.
- If the soft tissues, such as the surrounding gums, tongue, or cheek, accidentally contact the SDF, they will darken as well. This discoloration will go away within 10-14 days and will be temporary.
- On the teeth the black discoloration will remain.

### **Extraction Post-Operative Instructions**

- Have your child bite on the provided gauze until bleeding is controlled, which may take up to 30 minutes.
- Remember that your child's cheek, lips and tongue may be numb for approximately 2-4 hours after the procedure.
- Avoid sippy cups, bottles, straws and pacifiers for the first 24 hours after the procedure. The sucking action may cause prolonged bleeding.
- Avoid salty, spicy, acidic or crunchy foods for the first 24 hours as this may irritate the extraction site. Cold and/or soft foods are a great choice (i.e. ice cream, applesauce, mac and cheese, etc.).
- Do not allow your child to participate in strenuous activity for the first 24 hours as this may increase bleeding from the extraction site.
- A small amount of oozing is normal; however, if bleeding becomes heavy have your child bite on a gauze or tea bag for 15 minutes.
- If bleeding continues or is not controlled for more than an hour, call our office immediately.
- If your child is having pain or discomfort, give Children's Motrin or Children's Tylenol, as recommended by the manufacturer or by your pediatrician.

### **Resin (White Fillings) Post-Operative Instructions**

- If your child is numb, please follow the post-op instructions for numbness.
- Avoid sticky, hard candies and chewing on ice to prevent breaking the filling or crown.
- Avoid using front teeth to bite directly into hard food such as apples, carrots and corn on the cob.
- Limit drinking or eating dark colored beverages and foods as this may cause staining and discoloration of the resin material.
- It is important to note that resin fillings are prone to recurrent decay (new decay around the filling margin) and it should be brushed and flossed like a natural tooth.
- If your child is having discomfort, give Children's Motrin or Children's Tylenol, as recommended by the manufacturer or by your pediatrician.

### **Amalgam (Silver Fillings) Post-Operative Instructions**

- If your child is numb, please follow the post-op instructions for numbness.
- The filling will not reach maximum hardness for 24 hours; therefore, a soft food diet for the day is encouraged. Milkshakes, smoothies, yogurt, applesauce and macaroni and cheese are great choices.
- To properly place the filling, work may be done below the gumline; therefore, your child's gums may be sore for 2-3 days. Your child's gum tissue may bleed upon brushing for the next few days. To help with healing, keep the area clean by gently brushing two to three times a day and flossing.
- If your child is having discomfort, give Children's Motrin or Children's Tylenol, as recommended by the manufacturer or by your pediatrician.

### **Stainless Steel Crown, Zirconia Crown & Space Maintainer Post-Operative Instructions**

- Your child will be numb so please follow the post-op instructions for numbness.
- To seat the crown or spacer correctly, work must be done just below the gumline; therefore, expect your child's gums to be sore for 2-3 days. Your child's gum tissue may bleed upon brushing for the next few days. To help with healing, keep the area clean by gently brushing two to three times a day and flossing.
- It may take a few days for your child to adjust to the crown or spacer. Do not let your child pick or pull at the crown or spacer as continuous force and pressure can pull it off.
- Your child should avoid sticky, hard candies (i.e. taffy, suckers, starbursts, caramels) for the life of the crown or spacer. Although it is cemented on to the tooth structure, these sticky foods can cause the crown or spacer to become loose.
- If your child is having discomfort, give Children's Motrin or Children's Tylenol, as recommended by the manufacturer or by your pediatrician.

**It is very common for children to experience elevated temperatures following treatment. Be assured that your child does not have an infection. The elevated temperature is the way the body reacts to physical stress. Be sure your child drinks plenty of fluids and Use Children's Motrin or Children's Tylenol, as recommended by the manufacturer or by your pediatrician, as needed. If you have further questions about post-operative treatment instructions, please call our office at (209) 400-2018.**