

B A S I N  
pediatric  
DENTISTRY

## Treatment Post Operative Instructions

\_\_\_ 1. **Anesthetic/Numbing**: Your child has received dental anesthetic to numb their teeth during treatment. Numbing usually lasts 2-4 hours after the appointment. During this time the teeth, gums, lips, tongue and cheeks may be numb. Please watch your child during this time frame to ensure they do not injure themselves by biting, pinching or sucking on the numb areas. This could lead to swelling, bites/cuts or abrasions. **ONLY SOFT, COLD FOODS ARE ALLOWED AFTER THE PROCEDURE UNTIL ALL THE NUMBING HAS WORN OFF.** Some tenderness at the injection site is normal for a day or two.

\_\_\_ 2. **Stainless Steel Crown/Pulpotomy**: Stainless steel crowns are usually placed on severely broken down teeth and may result in some discomfort. For post op discomfort/pain we recommend Children's Motrin (ibuprofen) or Tylenol (acetaminophen). Please only give your child the amount recommended by your pediatrician and/or follow the package directions for your child's age and weight. Brushing stainless steel crowns is very important for the first two days after placement. However you may see some bleeding and the surrounding gums will likely be a little sore. It is recommended to brush even if you see bleeding or if the gums are sore. To help you can apply a small amount of orajel on the gums to help your child get through brushing the first two days. Please don't floss the new crowns for the first 24 hours. While unlikely, crowns can come off if your child picks at them or eats sticky foods such as gum, Jolly Ranchers, Tootsie Rolls, gummy snacks, etc. Please bring your child in for us to recement any crowns that they manage to remove.

\_\_\_ 3. **Extraction**: After an extraction your child will likely experience some discomfort. We recommend Children's Motrin (ibuprofen) or Tylenol (acetaminophen). Please only give your child the amount recommended by your pediatrician and/or follow the package directions for your child's age and weight. The dentist will show you how to place gauze in your child's mouth to help stop the bleeding. Your child needs to bite and hold the gauze, not chew on it. The gauze will need to be changed every hour until the bleeding stops. If the bleeding lasts longer than 2 hours place a black tea bag instead of the gauze for your child to bite on for 1 hour. If the bleeding still has not stopped please contact our office at (432) 699-2044. **NO STRAWS, SPITTING, OR CARBONATED BEVERAGES FOR 24 HOURS. Please keep your child calm and relaxed for the rest of the day and avoid physical activity for 24 hours.**

\_\_\_ 4. **Composite Filling**: Some soreness in the gums around the tooth that was worked on today is normal for 24-48 hours. If your child has trouble biting down fully or says they have pain when biting after 2 weeks, please contact our office.

\_\_\_ 5. **Space Maintainer:** Space maintainers are typically sore for a day or two following placement. No eating or drinking after placement for 30 mins. Please watch your child and help them keep their fingers from their mouth. Industrious kids can pick at a space maintainer and loosen it over time. Also avoid sticky foods such as gum, Jolly Ranchers, etc while your child is wearing the space maintainer.. If it comes off please save it and call the office to have it recemented.