



### Care of the Mouth After Anesthesia

- Following a procedure in which the lip or cheek are numb, be careful not to eat foods that involve chewing until numbness goes away. Smoothies, milkshakes, applesauce, and yogurt are just a small example of “safe” foods that can be eaten while numb. You can resume a normal diet once the numbness is gone which should be within 2 to 3 hours after the appointment
- Do not allow your child to rub, scratch, or pinch their face while they are numb because it may injure their skin. They may say “it itches” or “hurts”, they are simply referring to the numb sensation and need to be assured that the area is “asleep” and will “wake-up” in a little while
- A self-inflicted bite injury is the most common after-treatment complication. Children do not always understand the effects of local anesthesia and may chew, scratch, suck, or play with the numb area. These actions can cause minor irritations or they can be severe enough to cause swelling and ulceration of the tissue. The injured area may appear swollen, white/yellow and “infected”. However, this is not a result of infection and does not require antibiotic. You may apply lanolin or Vaseline and the area will heal in about 10 days without leaving any scar of the incident.

### Composite (Resin, White Fillings) Post-Op Instructions

- It is normal to experience some hot, cold, and pressure sensitivity after the appointment. Injection sites may also feel sore. Ibuprofen or Tylenol work well to alleviate tenderness. This sensitivity can last up to several weeks.
- Try to limit sticky candies that can cause the filling to fracture or become loose (i.e. Starburst, fruit snacks, bubble gum, or biting directly into hard candies).

### Stainless Steel Crown Post-Op Instructions

- Your child’s mouth will be numb for 2-3 hours after leaving our office with the new cap in place. As the anesthesia wears off, your child may experience sensitivity around the gum line where the new crown has been placed. Prior to the numbness wearing off, provide a dose of either Ibuprofen or Tylenol for pain. Some mild bleeding may occur upon brushing, but do not avoid brushing! Good oral hygiene is the key to healing.
- If your child’s bite feels funny after the crown is placed, give the crown a week to settle in and the bite should return to normal.
- Avoid sticky foods that can loosen the cap ((i.e. Starburst, fruit snacks, bubble gum, or biting directly into hard candies).
- **If the crown becomes loose or falls out, save it and bring it into our office for re-cementation**



### Care of the Mouth After Extraction

- DO NOT DISTURB THE WOUND:
  - May cause irritation, infection, and/or bleeding
  - Do not brush teeth for the first 6 hours after treatment. After, they may be brushed gently, but avoid the extraction site
- Bleeding:
  - A gauze pad will be placed on the extraction site and should be held with pressure for 5-10 minutes or until the bleeding is controlled. Following the initial gauze placement, if you notice pooling up of blood in the socket, place a new gauze pad and bite for another 5-10 minutes. Repeat this until bleeding is controlled
  - It is normal for some blood to ooze from the area. We will give you a package of gauze to take with you to use at home. Should you need to use the gauze at home, remember to fold it into a square to cover the wound. Hold firmly in place by biting or with finger pressure. If bleeding continues, you may wet a tea bag and have your child bite on it. Tea contains Tannic Acid, which may help reduce the bleeding.
- Pain
  - Some discomfort is normal after an extraction. Prior to the anesthetic wearing off, it is recommended to give your child Ibuprofen or Tylenol
- Diet
  - Soft foods such as soups, mashed potatoes, pasta, ice cream, apple sauce, or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids. **PLEASE AVOID USING STRAWS OR SIPPY CUPS.**

**If your child has excessive bleeding, extreme swelling, or severe pain please call our office.**