

POST OPERATIVE INSTRUCTIONS FOR PEDIATRIC DENTAL PROCEDURES

Your child has just undergone a dental procedure, and proper post-operative care is essential for a smooth and comfortable recovery. Following these instructions will help ensure the best healing process and prevent complications. Some children may feel numb, sore, or slightly uncomfortable after treatment, but this is normal.

Please carefully review the specific instructions for your child's procedure. If you have any questions or concerns, do not hesitate to contact our office at **(209) 400-2018**.

Nitrous Oxide Post-Operative Instructions

- Your child may resume normal activities once discharged.
- After treatment, they are placed on straight oxygen for 5-15 minutes to clear nitrous from their system.
- Encourage your child to drink plenty of fluids after the appointment and throughout the day.
- Depending on the treatment performed, pain relievers may or may not be needed. If your child experiences discomfort, administer Children's Motrin or Children's Tylenol as directed.

Numbness Post-Operative Instructions

- Numbness after the appointment is often confusing for children.
- It may take 1-3 hours for the numbness to wear off.
- Avoid foods that require heavy chewing (soft food diet recommended).
- Closely monitor your child to prevent them from biting their tongue, cheeks, or lips.

Silver Diamine Fluoride (SDF) Post-Operative Instructions

- Avoid eating or drinking (including water) for 30 minutes after application.
- The treated areas will darken to black over the next 24 hours.
- If the gums, tongue, or cheeks come into contact with SDF, they may darken temporarily for 10-14 days.
- The black discoloration on the decayed tooth is permanent.

Extraction Post-Operative Instructions

- Have your child bite on gauze until bleeding is controlled (up to 30 minutes).
- Your child's cheeks, lips, and tongue may remain numb for 2-4 hours.
- Avoid sippy cups, bottles, straws, or pacifiers for the first 24 hours, as sucking can prolong bleeding.
- Avoid salty, spicy, acidic, or crunchy foods for 24 hours—opt for cold/soft foods (e.g., ice cream, applesauce, mac and cheese).
- No strenuous activity for the first 24 hours to prevent excessive bleeding.
- Some oozing is normal, but if bleeding is heavy, have your child bite on gauze or a tea bag for 15 minutes.
- If bleeding continues for over an hour, call our office immediately.
- For discomfort, administer Children's Motrin or Children's Tylenol as directed.

Pulpotomy (Baby Root Canal) Post-Operative Instructions

- If your child is numb, follow the Numbness Post-Operative Instructions.
- After a pulpotomy, the treated tooth will have a stainless steel or zirconia crown—follow Crown Post-Operative Instructions.
- Mild gum soreness or slight bleeding may occur for a few days.

- Avoid sticky, chewy, or hard foods (e.g., taffy, caramel, gum, gummy candy, hard candies) to prevent the crown from coming loose.
- If discomfort occurs, give Children's Motrin or Children's Tylenol as directed.
- If the crown becomes loose or falls off, call our office immediately.

Resin (White Fillings) Post-Operative Instructions

- If your child is numb, follow Numbness Post-Operative Instructions.
- Avoid sticky or hard candies, chewing on ice, or biting into hard foods like apples, carrots, or corn on the cob.
- Limit dark-colored beverages (e.g., soda, tea, coffee) to prevent staining.
- Brush and floss regularly to prevent new cavities.
- If discomfort occurs, give Children's Motrin or Children's Tylenol as directed.

Amalgam (Silver Fillings) Post-Operative Instructions

- If your child is numb, follow Numbness Post-Operative Instructions.
- The filling takes 24 hours to harden—a soft food diet is recommended for the first day.
- Your child's gums may be sore for 2-3 days and may bleed slightly when brushing. Continue gentle brushing and flossing.
- If discomfort occurs, give Children's Motrin or Children's Tylenol as directed.

Stainless Steel Crown or Zirconia Crown (Tooth-Colored) Post-Operative Instructions

- If your child is numb, follow Numbness Post-Operative Instructions.
- Mild gum soreness or slight bleeding is normal for 2-3 days—continue gentle brushing and flossing.
- Avoid biting into hard foods (e.g., apples, carrots, corn on the cob)—cut these into small pieces instead.
- Avoid sticky, chewy, or hard foods (e.g., taffy, caramel, gum, hard candies) as these can loosen the crown.
- If discomfort occurs, give Children's Motrin or Children's Tylenol as directed.

Space Maintainer Post-Operative Instructions

- If your child is numb, follow Numbness Post-Operative Instructions.
- Gums may be sore for 2-3 days—continue gentle brushing and flossing.
- Avoid pulling, pushing, or playing with the space maintainer, as excessive force may loosen or dislodge it.
- Avoid sticky, chewy, or hard foods (e.g., gum, caramel, gummy candy, popcorn, nuts) to prevent damage.
- It may take a few days for your child to adjust to the space maintainer.
- If the space maintainer breaks or becomes loose, call our office immediately.

General Post-Operative Considerations

- Some children may experience a mild fever after treatment—this is normal and a response to physical stress.
- Ensure your child drinks plenty of fluids and gets rest.
- Use Children's Motrin or Children's Tylenol as recommended if needed.
- If you have any concerns, call our office at (209) 400-2018.