

Post-Operative Care and Instructions

Fillings: Expect the child to be numb for up to 2 hours after treatment is completed. During this time the child should avoid any foods that would require extensive chewing to avoid accidental biting of the tongue and cheeks. Over time it is not uncommon for slight staining to occur around the margins of the fillings, routine cleanings every 6 months is suggested to arrest potential staining.

Extractions: After the extraction has been completed the child will be asked to bite down on gauze for 10-15 minutes to arrest bleeding. Very mild bleeding can be expected throughout the remainder of the day. If the bleeding continues you may have the child bite down on a damp paper towel for 10 minutes. Soft foods are recommended for the day of the procedure and the following day to avoid debris from affecting the extracting site. The child may resume regular diet by the end of the following day. It is important to avoid straws or sucking on popsicles as this action can cause the blood clot to dislodge and affect the healing process. If the child has excessive discomfort in the days following the extraction contact the office.

Crowns: After the crowns have been placed it is important that the child avoids sticky/chewy foods (ex: Laffy Taffy, Tootsie Rolls, Starburst, gum, ect) as they can stick to the crowns and pull them off. This rule applies for the life of the crown. If the crown becomes dislodged, call the office right away. If it is still intact we may be able to re-cement it for you.

Space maintainers and/or Pediatric bridges: After the appliance has been placed in the child's mouth it is important that proper oral hygiene is maintained as the appliances can attract plaque. It will be important that the child is flossing around and under the appliance to avoid plaque build-up. If necessary, the child may require parental assistance. If the appliance becomes loose or breaks, call the office right away. During routine dental visits the doctor will assess the appliance and once the need for the appliance has dissipated the appliance will be removed.

Sealants: At Sea OF Smiles, we encourage the placement of sealants on the adult molars as a preventative measure against biting surface cavities. Once sealants have been placed it is important that the child avoids sticky candies, hard crunchy candies, gum, and chewing on ice. These food items can either break or pull off the sealants. At the child's routine dental cleanings the doctor will check the condition of the sealants and let you know if any touch-ups would be required.

Separators: Are little blue bands that fit between the back teeth. These little bands are important for the completion of the following appointment. It is common to have mild discomfort for the first few minutes after placement, however, the discomfort should subside quickly. If needed, children's Motrin can be taken to arrest discomfort. If the separators come out, call the office right away (813)528-8717.