



JUST FOR  
KIDS  
PEDIATRIC DENTISTRY

## POST TREATMENT HOME CARE

### **Numbness**

For most treatments completed in our office, local anesthetic will be administered to numb your child's tooth/teeth. If treatment targeted the lower jaw, typically the tongue, teeth, and surrounding tissues will be numb. With upper jaw treatment, the lip, teeth, and surrounding tissues will be numb. On average, the anesthetic will wear off approximately two hours after leaving the office.

Children often do not understand the effects of local anesthetic and tend to pinch, bite, suck, or touch the area that is numb. These actions may cause injury and pain after the numbness has worn off. Please **watch your child closely** following the appointment and remind them to leave the area alone until it "wakes up." If your child needs to eat, we recommend softer foods that don't require chewing, such as a smoothie, yogurt, or pudding. If your child does bite their lip while it is numb, it may swell and be very sore for a week or so. Advil, Tylenol, and ice packs are recommended for pain management if this does occur.

### **Tooth restorations (fillings)**

Application of a white filling on a back tooth requires no eating restrictions after numbness has worn off. If your child has received a build-up or fragment reattachment on a front tooth, they should now avoid biting into anything hard with their front teeth. Biting will put that tooth at risk for re-fracturing.

### **Stainless steel crowns, zirconia crowns, and space maintainers**

When crowns or space maintainers are placed, it is normal to experience temporary soreness in the surrounding gums, especially while brushing. It is important to keep the area clean and advise your child against eating anything sticky that could pull on and loosen the dental treatment. Patients should avoid gummies, caramels, starbursts, etc. If the space maintainer or crown does become loose or falls off, please keep the piece and call our office as soon as possible. We will set up an appointment to re-cement or replace it. Space maintainers should be removed when the adult tooth begins growing into the extraction space.

### **Tooth Extractions**

After extraction, your child will be instructed to bite firmly on a piece of gauze to control bleeding. Extra gauze will be provided and can be changed as needed. Bleeding should subside within 20 minutes of continued pressure from biting. If your child has any soreness from extraction, children's Advil or Tylenol can be used for pain management. Avoid eating anything crunchy (for example, chips and pretzels) for about a week. When brushing, try to avoid the extraction site to allow quick and proper healing.

**Tooth sealants**

Sealants prevent against tooth decay, protecting the deep pits and grooves in your child's teeth. Your child can eat or drink immediately after a sealant is placed.

**Fluoride varnish treatment**

Our fluoride varnishes have a 4-6 hour treatment time in which to avoid brushing.

**Foam fluoride treatment**

Do not eat or drink anything for thirty minutes after fluoride application.