

# Dental Procedure Post Operative Instructions



Your child has undergone a dental procedure today. Some or all of the following instructions may be helpful.

## Sealants

- There are no eating or drinking restrictions after sealant application (except avoiding sticky candy!!)
- Flossing and brushing are still extremely important, even after sealants are placed. Sealing teeth is only one part of the preventative strategy.
- Sticky and hard candies (i.e. Laffy Taffy, Jolly Ranchers, Starburst, etc.) while NEVER a good idea, are really a bad idea after having sealants. These sealants can be pulled off with this kind of candy.
- Sealants may feel "rough" until a few meals are eaten. This is normal!

## Local Anesthetic (numbing medicine)

- If numbing medicine was used, avoid eating until all feeling has returned to the area.
- Be aware that scratching, sucking or biting numb area may cause significant injury to oral tissue. Avoid hot liquids while area is numb.
- Cold liquids and/or popsicles may feel good to the numb area.
- Numbness may last several hours, every child is different.
- When the numb area is "waking up" it may feel like "tingles" or "sparkles." Do not be alarmed, this is to be expected. Do not scratch, pull or poke the area.

## White Fillings

- There are no eating or drinking restrictions after having white fillings, unless local anesthetic was used.
- Flossing and brushing after filling placement is extremely important, teeth that have had cavities are vulnerable to more cavities, even after they have a filling.
- Sticky and hard candies (i.e. Laffy Taffy, Jolly Ranchers, Starburst, etc.) while NEVER a good idea, are really a bad idea after having white fillings. These fillings can chip or break with this kind of candy.
- White fillings on front teeth are vulnerable to fracture, please avoid biting into hard foods (apples, carrots, celery, corn on the cob, etc.) and food that needs to be "pulled" (i.e. pizza crust, jerky). Cut these foods up before eating.

## Stainless Steel Crowns

- Stainless steel crowns are cemented on so avoid sticky candy (Laffy Taffy, Jolly Ranchers, Dots, etc.) These can pull off a crown.
- If crown becomes loose or dislodged please call our office. If it is out completely, put the crown in a baggie and bring it with you to your appointment. The crown will be re-cemented if it has not been altered in shape.
- The edges of the crown need to be cleaned thoroughly every day with proper brushing and flossing. If gums appear reddened, use a soft toothbrush to massage gums to clean them.

## Extractions

- Bite on gauze until bleeding has stopped, usually 30-60 minutes. If bleeding continues beyond 1 hour have child sit quietly and bite on cold damp tea bag.
- Ice or a popsicle to area may also help bleeding stop more quickly.
- If the area where tooth was removed is painful, treat your child with an appropriate dose of acetaminophen (Tylenol®). If that does not relieve pain in 1 hour, give the child the appropriate dose of ibuprofen (Advil®, Motrin®). Remember that acetaminophen can only be given every 4 hours and ibuprofen can only be given every 6 hours. **DO NOT EXCEED YOUR CHILD'S RECOMMENDED DOSE!**
- Remember that when saliva mixes with the drainage from the extraction site it may look like a lot of bleeding but may, indeed, be very watery. Extraction sites may ooze for several hours, heavy bleeding, however, is not normal and our office should be called.

More procedures  
on other side

If you have any questions, please call our office and speak with a team member: **503-363-5865**

Spinnaker Pediatric Dentistry • 1105 12th St SE, Salem, OR 97302



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## Space Maintainers (band and loop, Nance, lingual holding arch)

- Bands are cemented to teeth with orthodontic-type cement. Sticky food or candy can pull the bands off of the tooth. Avoid these foods.
- Cleaning around the bands, especially at the gum line is extremely important. Use a soft toothbrush and floss to clean at least twice daily.
- Food and debris may get trapped in the spacer, rinsing vigorously with water after meals can help minimize this problem.
- If spacer becomes loose or dislodged please call our office. If it is out completely, put it in a baggie and bring that with you to your appointment to have the spacer re-cemented if it has not been altered in shape.

## Soft Tissue Laser Procedures

- Laser treatment is often performed with only topical anesthetic and may not be numb when you leave the office.
- Keep the area clean by wiping with damp gauze or cloth.
- Rinse mouth with water after meals for 1-2 days.
- If area is painful apply over-the-counter ORABASE which can be found at any pharmacy. Use this benzocaine containing medication for 2-3 days if necessary.
- Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may be used for pain as directed. **DO NOT EXCEED THE RECOMMENDED DOSE.**

## Fluoride Varnish

- You may see a thin coating on the teeth. The patient may feel the thin coating when rubbing the treated area with his or her tongue.
- Patients can eat or drink immediately after application. During the treatment period, patients should avoid hard and sticky foods, products containing alcohol (beverages, oral rinses, etc.), hot beverages, tooth brushing and flossing.
- After the treatment period, the patient can remove varnish by brushing and flossing, or wait until the coating naturally wears away (within 24 hours).

## Nitrous Oxide

- Some children are given nitrous oxide/oxygen, or what you may know as laughing gas, to relax them for their dental treatment. Nitrous oxide/oxygen is a blend of two gases, oxygen and nitrous oxide. Nitrous oxide/oxygen is given through a small breathing mask which is placed over the child's nose, allowing them to relax, but without putting them to sleep. The American Academy of Pediatric Dentistry recognizes this technique as a very safe, effective technique to use for treating children's dental needs. The gas is mild, easily taken, then with normal breathing **it is quickly eliminated from the body.** It is non-addictive. While inhaling nitrous oxide/oxygen, your child remained fully conscious and kept all natural reflexes. We do not anticipate any adverse reactions related to the administration of laughing gas to your child.

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