



## **POST-OPERATIVE INSTRUCTIONS**

The following information is provided to aid you and/or your child after they have had a routine dental treatment in our office. Checked areas indicate the treatment(s) performed today.

- Local Anaesthetic- Local anaesthetic was used during the procedure. As a result lips, tongue, cheek will be “numb” or “asleep” for approximately 2-4 hours. Do not play with or bite the area. A self-inflicted bite injury is the most common post-operative complication. Many Children are unfamiliar with the “numb” sensation and associate it with pain. Reassure your child that the “funny feeling” will go away.
- Dental Fillings- After placement a of dental filling (white or silver), teeth may often be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently filled teeth to require several weeks to feel “normal” again.
- Pulpotomy- When you child receives a nerve treatment it is usually not necessary to prescribe any pain medication. Children that do experience discomfort usually do fine with Tylenol® or Ibuprofen (follow direction on the bottle).
- Dental Extractions- After dental extractions gauze will be placed in the area and pressure will need to be applied for 30mins before removing. More gauze will be provided to be placed and control normal bleeding. Do not smoke. Do not use a straw to drink. Do not drink carbonated beverages or alcohol for 48 hours, appropriate diet of soft foods, milk and water. Place an old towel on your pillow or couch where lying to protect your furniture.
- Nitrous Oxide- “Laughing Gas” was used during the procedure. Nitrous Oxide is provided for relief of anxiety. It has a proven track record of being safe, with the only side effect being that of nausea but only in rare instances.
- Sealants- Sealants are placed on the chewing surface of the teeth to protect them from cavities. Since, the covering is only on the top surface of the tooth, areas on the side and between teeth cannot be coated with the sealant. Good oral hygiene and nutrition are still very important in preventing decay. Your child should refrain from eating ice, hard candies or sticky food as they tend to fracture or dislodge the sealant. Sealants will be monitored at their regular hygiene visit.