

POST OPERATIVE INSTRUCTIONS

*Please be aware that a “filling” weakens a tooth and can make it **MORE** likely to develop new decay than a tooth without a filling. Avoid sticky and/or hard candy and food and maintain appropriate recall examinations as directed.*

□ Restorative

Your child has just completed a restorative (filling) appointment. You can expect the following:

- Their lip, teeth and tongue will be numb for up to two hours after the appointment. Be careful to not let them accidentally bite or chew their lip. Young children may say that it hurts or to “take it out” as they cannot fully communicate the feeling of being numb.
- They may say that their tooth feels tight as they become accustomed to the new feeling of the “filling”.
- Their gums will appear red and irritated following the appointment and slight amount of bleeding is normal. This will go away soon with good brushing.
- Wait about 60 minutes before eating, as their lip will be numb and the “filling hardens”. Very soft food or liquids are fine. Avoid sticky and/or hard foods and candy as these can break or pull out a filling.

□ Crowns

- A stainless steel crown was fitted on one or more of your child’s teeth today.
- Crowns can become loose from chewing ice, or hard, sticky candies. We ask that your child avoid such foods as Tootsie Rolls, Jolly Ranchers, Caramels, etc.
- If a crown comes off, please call our office immediately, as we can recement it for a nominal charge.
- If the crown has been lost or if it has been out of the mouth for a long time, we cannot refit the old crown and must charge for a new crown as the teeth have shifted, making replacement of the old crown impossible.

□ Extractions

- Your child’s lip and tongue may be numb for as long as 3 hours. During this time children may bite their lip, cheek or tongue without feeling pain. Please observe your child to help prevent unnecessary injury.
- Try to limit physical activity for the first 24 hours.
- Do not rinse vigorously for 24 hours. Rinse gently with water after eating and tooth brushing.
- Your child should drink plenty of fluids for 24 hours. **Do Not** drink through a straw.
- Control bleeding by holding gauze on the site with pressure. Moderate pressure should be maintained for 10-20 minutes. Biting a tea bag can also stop bleeding. **Remember** that a little blood mixed with a lot of saliva looks like a lot of blood.
- Eat a soft diet (soup, Jell-O, etc.) for the first 24 hours, Avoid very hot fluids.
- Give your child an appropriate child’s dose of Tylenol for pain or slight fever.

□ Nitrous Oxide/Oxygen

- Nitrous Oxide (laughing gas) was breathed by your child during today’s appointment.
- It is a very short acting, mild sedative agent used to relax and calm your child during treatment.
- The effects of Nitrous Oxide are only felt while your child is breathing it, and your child will be able to resume normal daily activities upon dismissal from our office.

□ Fluoride Varnish

A Fluoride Varnish was applied to your child’s teeth today. Follow-up evaluations are *VITAL* to its success.

- The Varnish strengthens the enamel of the teeth and slows down the decay process but it *does not* “*fix cavities*”.
- There are no time restraints regarding eating and drinking after application of the varnish.
- Because of the golden color of the varnish, the teeth will not look bright and shiny until the varnish has had time to have its maximum effect and has worn off. **Follow-up with our office in _____ weeks _____ months.**