

## Dental Procedure Post Operative Instruction

You/your child has undergone a dental procedure/s 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 preventive strategy!!!
- Sticky and hard candies (i.e. Taffy, Jolly Ranchers, 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 “slippery or smooth” 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 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 area.

### White Fillings

- There is no eating or drinking restriction after having white fillings unless local anesthetic was used.
- Flossing and brushing after filling placement is extremely important, teeth that have had cavities are more vulnerable to more cavities, even after they have a filling.
- Sealant is placed over white fillings, this sealant may feel “slippery or smooth” for a day or two. After a few meals this feeling should go away. The filling should not, however, feel taller than the surrounding teeth. They often feel taller than the surrounding teeth while numb but the bite feels normal after the numbness wears off. If this is not the case, please call our office so that we can polish the sealant down a bit.
- Sticky and hard candies (i.e. Taffy, Jolly Ranchers, 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 food and food that needs to be “pulled” (i.e. pizza crust). Cut this food up before eating.

### Silver Fillings

- Eating and drinking can resume immediately after a filling is placed if no local anesthetic was used. HOWEVER, please avoid “sharp and crunchy” food for 24 hours after having a silver filling placed.
- Flossing and brushing after filling placement is extremely important, teeth that have had cavities are more vulnerable to more cavities, even after they have a filling.

### Stainless Steel Crowns

- Stainless steel crowns are cemented on so avoid sticky candy (Taffy, Jolly Ranchers, Dots, etc) these can pull off the crown.
- If crown 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 crown 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.

### Pulpotomy/pulpectomy

- Nerve treatment involves removing part or all of the nerve from a tooth. Some mild to moderate pain may be experienced after this treatment. Treat this pain with acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) in the appropriate dose for your child. If the pain persists for longer than 48hrs please call our office.

### Extraction

- Bite on gauze until bleeding has stopped, usually 30-60 minutes.
- If bleeding continues beyond 1 hr have child sit quietly and bite on cold damp tea bag.
- Ice or popsicle to area may also help bleeding stop more quickly.
- If area where tooth was removed is painful, treat child with appropriate dose of acetaminophen (Tylenol) if that does not relieve the 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.

**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 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, toothbrushing, 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.

**IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE TO SPEAK TO A TEAM MEMBER.**

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