

**It is important for your child's safety that you follow these instructions carefully.**

**Failure to follow instructions could result in unnecessary complications.**

- ☺ Ideally, one adult should drive your child home and a second responsible adult should be available to take care of your child while driving home. Your child should be closely watched for signs of breathing difficulty and carefully secured in a car seat or seat belt during transportation. Do not let your child sleep with his or her chin bent forward toward their chest.
- ☺ Once you are home, your child may be tired for some time and may want to sleep. Closely supervise any activity for the remainder of the day. It will take several hours for him or her to return to normal.
- ☺ Mild nausea and fever are common, but if your child has prolonged nausea, vomiting, or diarrhea, or if your child has a high, prolonged fever that does not respond (go down) after you give your child Children's Tylenol, call our office or go to the emergency room.
- ☺ If your child had teeth removed, a small amount of bleeding is normal. Do not let your child spit forcefully, as this will cause more bleeding. In order to not disturb the blood clot, do not use a straw to drink for the first 24 hours.
- ☺ Your child may complain of a sore throat or nose. This is due to the tube that helped your child breathe while asleep. This will go away in 2-4 days and best treated with Children's Tylenol or Children's Motrin. You may also have some slight bleeding around the nose from the tube which is normal and will subside in 1-3 days.
- ☺ To ensure the longevity of your child's dental restorations, please do not allow him or her to have any sticky or chewy foods, such as: caramel, gummy bears, suckers, or gum as the crowns and fillings may come off. If your child had any dental work done on his or her front teeth, be very cautious on what they are biting into, no hard foods where they have to "bite and tug". Some foods may need to be cut into smaller pieces so that biting is no longer needed.
- ☺ Bleeding around crowns is normal for the first 5-7 days after the hospital appointment. Continue proper brushing and flossing to heal these areas.
- ☺ If any fillings or crowns are lost, broke, or fall off, please contact our office to schedule an appointment to have it re-cemented or replaced. If any crowns or space maintainers are off, you must bring it with you to this appointment.
- ☺ If your child had any tooth-colored fillings or crowns on his or her front teeth, there may be a discolored blackness at the gum line around those teeth. This is due to a medicine used to control and stop the bleeding from the gums. This discoloration will go away in 3-5 days with proper brushing.

- ☞ Most of the time we apply a gel-like fluoride varnish to the teeth after the dental treatment is completed. This can help strengthen the teeth and prevent future dental problems. The fluoride may stay on the teeth through eating the rest of the day and will remain on night as well.
- ☞ PLEASE resume brushing and flossing tomorrow morning. It is important to brush at least twice per day and to floss every night in order to assist in healing of the gums and maintain good oral health.
- ☞ Pain and irritation may occur. This is normal and can be best treated by giving your child over the counter Children's Tylenol or Children's Motrin as the instructions on the bottle indicate.
- ☞ You can alternate these two every 3 hours for the first day if needed.
- ☞ If you have any questions, please do not hesitate to call our office at (315) 681-6818.

## LOCAL ANESTHESIA

- ☞ If the procedure was in the lower jaw the tongue, teeth, lip and surrounding tissue will be numb or asleep.
- ☞ If the procedure was in the upper jaw the teeth, lip and surrounding tissue will be numb or asleep.
- ☞ Often, children do not understand the effects of local anesthesia, and may chew, scratch, suck, or play with the numb lip, tongue, or cheek. These actions can cause minor irritations or they can be severe enough to cause swelling and abrasions to the tissue.
- ☞ Avoid chewing and hot beverages until the numbness has completely worn off.
- ☞ Monitor your child closely for approximately two- four hours following the procedure.
- ☞ It is often wise to keep your child on a liquid or soft diet until the anesthetic has worn off.

## STAINLESS STEEL (SILVER) CROWNS

- ☞ Your child has had one or more teeth restored with a stainless steel crown. The cement which holds the crown on the tooth requires approximately twelve hours to achieve its final set. Therefore, only soft foods should be chewed with the newly restored teeth today. Regular diet may be resumed the following day.
- ☞ Stainless steel crowns may be dislodged or pulled off if extremely hard or sticky foods are chewed with them. Hard or sticky candy and all types of gum should be AVOIDED.
- ☞ It is not unusual for the gum tissue around the newly restored tooth to be slightly irritated and inflamed for several days. This can be eased by using salt water rinse while the irritation persists.
- ☞ The area should be brushed gently today, gradually increasing to normal tooth brush pressure in a few days.
- ☞ If the crown is on the primary tooth, it will come out when the permanent tooth is ready to erupt.
- ☞ Should a crown become loose or dislodged it should be saved and you should contact the office to have it re-cemented as soon as possible.

## SPACE MAINTAINER

- 🦷 Your child has received a space maintainer today to prevent primary teeth from drifting into spaces meant for permanent teeth. Several suggestions are important in caring for space maintainers:
- 🦷 Avoid eating anything for an hour post-cementation of the spacer. Drinks are okay.
- 🦷 Avoid eating anything sticky, crunchy or hard for 24 hours following cementation of the spacer. Anything considered a soft diet is okay for your child to eat.
- 🦷 The space must be kept clean. The wire(s) tend to collect food particles and great effort must be taken in cleaning the spacer to prevent future decay or gum irritation.
- 🦷 The spacer may be dislodged or pulled off if extremely hard or sticky candy or gum is chewed. Your child should avoid these foods as long as the spacer is in place.
- 🦷 Normally a spacer is kept in place until the permanent tooth or teeth erupt. At that time, the spacer should be removed to allow the permanent tooth to erupt fully into the space preserved by the spacer.

## TOOTH REMOVAL (EXTRACTION)

- 🦷 Because the numbness will last for 1-3 hours, it is important that the patient be watched closely and prevented from chewing his/her lips or cheeks while they are numb.
- 🦷 Some bleeding following the tooth removal is to be expected. To help the blood clot form, the child should bite firmly on folded cotton gauze in the extraction area for 30 minutes. Repeat if necessary with fresh gauze that will be given to you.
- 🦷 Avoid spitting, gargling, or using a straw for the next 24 hours as these activities will dislodge or prevent the blood clot from forming, thus delaying healing.
- 🦷 After one hour, soft foods can be eaten. For the next 48 hours, eat only those foods that are comfortable, accompanied by plenty of fluids.
- 🦷 Avoid hard play as energetic activity may cause additional bleeding to occur.

## FILLINGS

- 🦷 Your child may chew with composite (tooth colored) fillings as soon as the anesthetic completely wears off, since they are fully set when you leave the hospital.
- 🦷 If you chose the silver fillings instruct your child not to eat on that side for the next eight hours since silver fillings take longer to achieve their complete set strength.
- 🦷 White crowns in anterior teeth: do not allow your child to bite on anything hard (apples, corn, crunchy bread, etc) for the lifetime of that particular baby tooth (approximately until age 6-7 years old). These crowns are fragile and they will fracture easily.

## WHITE ZIRCONIA CROWN

- 🦷 Your child received a zirconia (all white) crown today. The crown is made out of zirconium oxide. It is 100% metal-free and it is certified biocompatible.
- 🦷 Tooth structure was removed around the entire tooth, including the decay, in order to fit the crown over the tooth. The crown was then cemented on the tooth with a glass ionomer cement called KetacCEM This cement does NOT contain methacrylate additives and as it bonds to the teeth it releases fluoride over a period of time. This fluoride release protects the underlying tooth structure.
- 🦷 Your bite may feel slightly different due to the new crown. If it feels like you are only biting on the new crown and the other teeth don't touch, please contact us and we can adjust your bite.
- 🦷 It is very normal for the gum around the crown to be tender for a day or two. Rinsing with warm salt water can aid in healing. As the gums heal they will appear to be pink, less swollen, and will bleed less when you floss.
- 🦷 Slight discomfort, sensitivity and tenderness are possible after a tooth has had dental treatment, but if any of these persist for more than a day or two, please call the office. It is okay to use Tylenol or ibuprofen as needed for discomfort.
- 🦷 It is crucial to carefully clean around the crown with a toothbrush and floss every day, just like you would a normal tooth. The crown extends just underneath the gums so it is very important to keep it clean. It is normal for the gums to bleed a little bit for the first 2 days after the crown. If bleeding persists longer than that, please contact us.
- 🦷 Avoid sticky foods and chewing gum today.
- 🦷 Avoid aggressive chewing: Do not chew ice or other hard objects. Avoid chewing very sticky foods such as "hard tack" candies (tootsie rolls, taffy, jolly ranchers, etc.) because they can damage or loosen the restoration.

### EXAMPLE OF STICKY AND CHEWY FOODS TO AVOID:

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Gum, caramels, fruit snacks, Mike and Ikes, Milk Duds, licorice, Gummy Bears, Dots, Hot Tamales, taffy, etc.

### EXAMPLES OF HARD AND CRUNCHY FOODS TO AVOID:

Popcorn, ice, hard candies, lollipops, lemon drops, nuts, Skittles, Sweet Tarts, Almond Joy, Heath Bars, Jolly Ranchers, Grape Nuts, Peanut M&Ms, jaw breakers, Salted Nut Rolls.

### EXAMPLES OF FOOD THAT MUST BE CUT OFF OR SLICED:

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Corn on the cob, apples, bagels, pizza, carrots, crunchy bread (e.g. French bread), etc.

Sincerely,  
The Staff

at Great Beginnings Pediatric Dentistry