



POST-OPERATIVE INSTRUCTIONS

Sealants

- Sealants are placed on the teeth without the use of local anesthesia. Sealants are intentionally placed “high” and will self-adjust into the grooves of the teeth over the next few days. During this time, your child may notice their teeth do not fit normally together and they may grind more.
- Crunching ice should be avoided because it may dislodge the sealant.

Dental Procedures requiring local anesthesia

- Local anesthesia was used to complete your child’s dental treatment today and his/her lips, cheek, and tongue may be numb. Children may bite, chew, suck or scratch their lip or tongue while numb. Please watch your child and stop this behavior if it occurs to prevent injury.
- Your child can drink and eat after their appointment. If your child is still numb and needs to eat, only offer soft food such as a milkshake, smoothie, soup, and yogurt.
- It can take up to 2 hours after your child’s appointment for the numbness to wear off.
- Canker sores can develop in the area that was treated and will resolve on their own within 1-2 weeks.

Stainless Steel Crowns

- Your child’s tooth has been covered with a stainless steel crown. This crown is shaped to fit the tooth and cover it completely to strengthen the tooth.
- Because the crown fits just below the gum line, your child may experience tenderness around the crown for a day or so. Children’s Tylenol or Ibuprofen is helpful in relieving this temporary discomfort.
- Your child should keep the area along the gum line clean. He/she may need help with brushing for 2-3 days. The crown should be brushed and flossed just as the rest of the teeth.
- You should avoid sticky, chewy candy (Jolly Ranchers, Taffy, Starbursts, etc.) because they may pull the stainless steel crown off.

Extractions

- It is important to permit a strong clot to form at the site of extraction(s). For this reason, carbonated beverages should be avoided for 24 hours.
- To prevent dislodging the clot, do not drink through a straw and do not rinse or use mouth wash for at least 24 hours. If spitting is necessary, it should not be done forcefully. You should avoid brushing this area for the remainder of the day.
- Your child should only have soft foods for today. Some examples are yogurt, scrambled eggs, and soups.
- Avoid eating small pieces of food, like rice and orzo, the day of the extraction
- Some oozing at night is normal and we recommend to place a towel over your child’s pillow when sleeping.
- If bleeding starts again, gentle biting on a damp gauze or paper towel for five minutes will minimize the bleeding.
- If profuse bleeding occurs that cannot be controlled after biting on a damp gauze/paper towel for five minutes, please contact the office.

Swelling and Pain

- Mild swelling and discomfort are normal occurrences following some extractions and some fillings.
- For maximum pain relief, we recommend to alternate between Children’s Tylenol and Children’s Ibuprofen every three hours until bedtime.
- It is normal to need pain medication for a few days following treatment and to experience some post op sensitivity for up to two weeks following treatment.

If you have any other questions or concerns, please call Shoreline Kids Dentistry at 206-800-7790