



Care of the Mouth After Trauma

- Please keep the traumatized area as clean as possible. Wiping the area for 2-3 days with a soft washcloth dipped in warm water works well if the area is too sensitive to brush.
- If the lips/cheek/chin were injured, icing the affected area during the first 24 hours can help to minimize swelling. Swelling in the lips/cheek/chin tends to increase and peak at 48 hours after the injury before starting to decrease.
- Maintain a soft diet and avoid eating in the area of the injured tooth for at least one week, or longer until the child feels comfortable eating normally again.
- If your child is having hot or cold sensitivity associated with the injured tooth, avoid sweets or foods that are extremely hot or cold.
- It is normal to experience discomfort for up to two weeks after an injury. Children's Tylenol or Children's Ibuprofen can be taken for pain. For maximum pain relief, we recommend to alternate between Children's Tylenol and Children's Ibuprofen every three hours until bedtime.

Routine Monitoring After Trauma

- Watch for abscesses (gum boils/pus bubbles) in the area of trauma. Abscesses can occur in the gums of the injured tooth and the lip may need to be lifted away from the tooth to be found. If infection is noticed, contact the office as soon as possible.



- Watch for darkening of traumatized teeth, which occurs commonly within 6 months of the injury. Darkening of the teeth is not an immediate cause of concern and can be a normal part of the healing process when it occurs anytime from immediately after the accident to 6 months after the injury.
- Contact the office if your child experiences any hot or cold sensitivity, pain to touching, pain to chewing, or spontaneous pain on the injured tooth.

Please do not hesitate to call the office at 206-800-7790 if you have any questions.