

Oral Rehabilitation Post-Operative Instructions

Diet Recommendations:

- When you return home you may begin by introducing clear liquids such as water or juice to your child. It is important to **keep your child well hydrated** despite a potentially limited desire to eat solid foods.
- You should encourage **soft foods**, when tolerated (ie.:mashed potatoes, apple sauce, yogurt, soup, ice cream) and return to normal diet when your child is ready.
- Each child responds differently to treatment, so please be sure to listen and respond to their needs to ensure a speedy recovery.

Activity Limitations:

- Please **monitor your child closely** throughout the day following surgery. It is not uncommon for your child to want to rest when you return home. We recommend you find a comfortable spot and relax for the remainder of the day.
- Do not allow your child to return to school and/or daycare or attend activities following the surgery.
- Please assist your child to the bathroom and up/down any stairs. Your child may be groggy following surgery and will require your help getting around. It is important to keep a close eye on them to prevent any tripping or falling.

Swelling & Pain Management:

- Mild swelling and discomfort are **normal** occurrences following dental treatment in the operating room.
- Your child may experience a sore nose and throat from the tube that helps them to breathe while they are asleep as well as the throat pack required to complete the procedure safely. They may also experience discomfort associated with the dental restorations themselves.
- You may give your child **Children's Motrin or Tylenol** as directed by the manufacturer. This will help reduce the soreness, discomfort, and possible swelling following their dental treatment. *Never administer a medication that your child is allergic to.*

Oral Health Care:

The night of your child's dental treatment please brush gently or wipe the teeth and gums with a wet washcloth. It may be difficult to adequately clean your child's teeth due to associated discomfort, however this discomfort will not subside in a dirty mouth. A clean mouth ensures a quick recovery.

Local Anesthesia:

If your child had local anesthetic (numbing), please watch your child closely to prevent him/her from sucking, pinching, or biting his/her lips, cheeks, and tongue. The numbness usually goes away within 1-2 hours.

Sealants/Fillings:

- After the placement of dental fillings your child's teeth may be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently filled teeth to require several weeks to feel "normal" again.
- Please brush and floss these teeth just like a healthy tooth without dental fillings. These fillings can get new cavities around them if they are not well taken care of.

Stainless Steel Crowns:

- Your child's gums may be especially sore as the crowns fit below the gums to ensure an adequate seal and fit to your child's tooth.
- You may notice black numbers on the outside of the crowns. These will brush away in 2-3 days if you are brushing adequately. The crowns should appear **shiny** and you should be able to "see your reflection" like a mirror **when they are clean**.
- The crown will fall out with the baby tooth when the new permanent/adult tooth erupts.
- It is important to **avoid sticky foods** (ie.: fruit snacks/gummies, Fruit Roll-Ups, Caramels, Tootsie Rolls, Starbust, etc...) to prevent the crown from being pulled off and leaving the exposed tooth prone to further decay or possible infection.

All Ceramic Crowns:

- Similar to stainless steel crowns, your child's gums may be especially sore as the crowns fit below the gumline. It is important to brush along the gums to limit inflammation or swelling of the gums from bacteria left on their teeth.
- Your child should **avoid biting into hard foods** (ie. Apples, carrots, corn on the cobb) with their front teeth. Instead, we encourage you to cut these foods and chew with their back teeth.

Extractions:

- If your child had some teeth removed it is important to avoid spitting, or using a straw for 24 hours.
- If the area begins to bleed again have your child bite down on gauze for 5-10 minutes and the **pressure will stop the bleeding**.
- Continue foods as tolerated and keep the area clean for faster healing.

In case of a dental related emergency, call 315-686-5142.

Don't forget, your child is scheduled for a one-week follow up appointment at Clayton Dental Office on _____.