

Post-op Instructions

Your child will be numb on the side where fillings, pulpotomy (baby root canal), or crowns were done for approximately two hours after the procedure.

Make sure your child does not chew on cheek, lip, or tongue when numb.

- If your child does, unfortunately there is nothing we can do for you. Your child's cheek/lip will swell 2-3 times the normal size and may turn white, yellow, or green. It is not infected and will heal within a couple weeks.

While numb, eat a soft diet that does not require much chewing, such as soup, yogurt, ice cream. Encourage your child to eat on the side that is not numb. Have your child wear a bib while drinking, for drooling is common. Once your child is no longer numb, s/he may eat a normal diet.

Pending the severity of the cavity, and the depth of the filling, we may recommend that you give your child Motrin before the local anesthetic wears off. Follow dosage instructions on Motrin label. Continue to administer Motrin if needed the next couple of days.

If a stainless steel crown or a space maintainer was placed, surrounding gums may be sore. Gums will heal fully within a couple of weeks.

Post-extraction Instructions

Your child will be biting on a piece of gauze at the end of the visit. Do not change the gauze too often, or the clotting process will be disrupted. After 10 minutes your child should no longer need the gauze and you may remove it. If your child is still bleeding, it is better to bite on the old bloody gauze with clotting factors on it than to bite on a new one.

- **NOTE: A little bit of blood mixed with saliva makes it appear that your child is bleeding far more than s/he really is.**
- Be aware that it is normal for your child to bleed slightly for the remainder of the day, especially after eating.
- It is also normal for there to be a small amount of blood on your child's pillow the following morning.

Your child will be numb on the side where the extraction was done for approximately two hours after the procedure. **PLEASE give your child some Motrin before the local anesthetic wears off.** Follow dosage instructions on Motrin label. Continue to administer Motrin if needed the next couple of days.

Make sure your child does not chew on cheek, lip, or tongue when numb. If your child does, unfortunately there is nothing we can do for you. It will heal within a couple of weeks.

While numb, eat a soft diet that does not require much chewing, such as soup, yogurt, ice cream. Encourage your child to eat on the side that is not numb. Do not use a straw. The use of a straw will disrupt the clotting process and delay healing.

Have your child wear a bib while drinking, for drooling is common. Once your child is no longer numb, s/he may eat a normal diet. Your child will probably avoid the extraction area naturally, but if sore, then continue soft diet.

It will take a couple of weeks before the gums will completely heal.