

Walk-Out Instructions



PLEASE FEEL FREE TO CALL THE OFFICE AT 301-989-8994 WITH ANY QUESTIONS YOU MAY HAVE. THANK YOU FOR VISITING US!

Anesthesia

Today local anesthesia was given to your child for dental treatment. To prevent any problems, please follow these instructions.

- The feeling of numbness may be of concern to your child. Reassure them that the tooth is asleep and will wake up by itself shortly.
- Be sure the tongue, lip and cheek are not BITTEN, CHEWED, OR PINCHED.
- Eating should be avoided until the numbness goes away. A popsicle is highly recommended immediately after the appointment, especially for younger children that are bothered by the numb feeling.
- Sometimes Tylenol can be given as needed if there is any discomfort in the injection area. Please call the office if you have any concerns or questions.

Extractions

The following are instructions on how you should plan for your child's day after having teeth removed and any symptoms that may occur as a result of this type of procedure.

Usually, a 2 x 2 gauze pad has been placed over the area of the extraction site(s) with the instructions to apply firm pressure for about 15 minutes. This will allow for good healing and help to reduce lip/cheek biting and drooling. You can remove the gauze after this time. Remember, children who are "numb" in one or several parts of their mouth often drool for 1-2 hours after the local anesthetic wears off. If bleeding continues, reapply gauze to the area for an additional 10 minutes with firm pressure. You can try this for a few minutes and if bleeding continues please call the office. As a reminder, a few drops of blood mixed with a mouthful of saliva often looks like a lot of blood.

After the anesthetic wears off, soft blender type foods are best for the remainder of the day. Ex. Yogurt, oatmeal, cereal, macaroni & cheese. Do not allow your child to drink liquids from a straw or rinse their mouth on the day of the extraction appointment. Swimming should be avoided on the day of an extraction.

The degree of discomfort your child may be experiencing today depends not only on the number and type of teeth removed, but also his/her level of discomfort tolerance. We have found for younger children it is best to give Children's Tylenol. Of course, with older children and teens, the adult dose of the above works fine.

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□ Sealants

Sealants were placed on your child's teeth today to protect the chewing surfaces of permanent molars and/or bicuspids from getting decay.

- The teeth still need to be brushed and flossed as usual.
- Eating or drinking may be resumed right away.
- Please refrain from chewing ice, hard candies or any sticky foods like salt water taffy etc. (forever) as they may chip or break your sealants.
- At your child's 6-month checkups we will examine the sealants for chips or loss and recommend replacement as necessary.

□ Stainless-Steel Crowns

A stainless-steel crown has been placed on your child's tooth. The crown allows us to successfully remove decay without extracting the tooth. Now that the decay has been removed, the crown holds the rest of the tooth together, as well as space for the adult tooth to come in.

To care for the crown:

- Brush and floss everyday like normal.
- Avoid sticky food such as gum and fruit snacks/ these foods have the potential to make the crown loose/ fall out.
- When the adult tooth is ready to come in, the crown will become loose and fall out like a normal tooth. What was left of the original tooth will be inside of the crown.
- If the crown does come out/off before its time, please save the crown and call the office to schedule and appointment to have it recemented.