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Specializing in Infants, Children & Teens

CARE OF THE MOUTH FOLLOWING DENTAL TREATMENT

Caution – My Lip is Asleep!

Your child has had a local anesthetic for the required dental treatment. If dentistry has been done in the lower jaw, the tongue as well as the teeth, and surrounding tissues will be numb and asleep. If dentistry has been done in the upper jaw, the lip, teeth, and surrounding tissues will be numb and asleep. On average, the anesthetic will wear off in approximately two hours after leaving the office. Children do not always understand the effects of a local anesthetic and sometimes may chew or suck the numb lip, tongue, or cheek. Although this is not a serious thing, it is uncomfortable. We ask that you watch your child very closely for approximately 2 hours following the appointment to avoid this problem. You are requested to keep your child on a liquid diet until the anesthetic has worn off. When the anesthetic begins to wear off the lip or tongue may feel tingly. This is normal, however it may feel awkward to your child if he/she has never had anesthetic before. Please assure your child that this is completely normal and that the lip and tooth is “waking up”.

I Have a New Filling!

A silver restoration (filling) will not become sufficiently hard enough to chew upon for approximately 3 hours. We suggest a diet limited to fluids and soft foods during this period following placement of the restoration. Also, following placement of new restorations some sensitivity to warm and, particularly, cold may be expected for a short period of time. This is normal and to be expected.

A white restoration (filling) should be firm enough to chew upon immediately. However, if your child’s lip is numb you should wait approximately 2 hours. White fillings may also be sensitive to hot and cold temperatures for a short time.

I Have a New Silver Tooth!

A stainless steel crown was placed on your child’s tooth because the cavity was so large that a regular filling would not last very long, break and possibly cause discomfort and pain. The tissue around the crown just placed may be tender when the anesthesia wears off. If necessary, Children’s Tylenol as directed on the label may be used for discomfort. Discolored saliva is quite normal for a period of several hours. A greyish white appearance of the tissue around the crown for a few days is normal. There may also be sensitivity to cold liquids or hot foods for several days. Also, these crowns can be dislodged very easily with hard, chewy foods (caramels, taffy, starbursts, bubble gum, etc.) and should therefore be avoided at all times.

I Have a New Space Maintainer

Your child received a space maintainer to guide the eruption of the permanent tooth. It may take a few days for your child to adjust to the new appliance. Patients must not play with the wire or pick at it. Hard, sticky foods such as Jolly Ranchers, Taffy, and Starbursts should be avoided so as not to bend the wire. Keep the new appliance clean by brushing it well after each meal.

TEAYS VALLEY PEDIATRIC DENTISTRY



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Care After Extractions

Proper care of the mouth following most dental procedures can reduce complications and speed healing of the surgical area.

1. Watch the numb area of your child's mouth and do not let him or her bite, chew, suck, or scratch it.
2. Have your child bite on gauze for 10-15 minutes. Place another gauze pad over extraction site and bite for an additional 10-15 minutes if the bleeding continues. Pressure is needed to stop the bleeding.
3. Liquids & soft foods are recommended until the child is able to resume his/her normal diet. It is best to avoid foods such as potato chips/popcorn or anything hard/crunchy. Do not let your child drink through a straw for the first 24 hours.
4. Do not let your child rinse or use a mouthwash for 24 hours. After 24 hours, gentle rinsing with warm water or warm salt water (1/2 teaspoon of salt in 8 ounces of warm water) may be helpful.
5. If needed for discomfort, try one of the following: Tylenol, Advil, or other medications as prescribed by the dentist.
6. Your child may brush normally the next day. A clean mouth will heal faster.
7. Avoid excessive physical activity the day of the surgery.
8. Do not be alarmed if you see a small spot of blood on your child's pillow the next morning, for the area may bleed some during the night. Remember that one drop of blood mixed with a mouth full of saliva may look worse than it actually is.
9. If bleeding or discomfort persists, do not hesitate to call (304) 201-8500 or (304) 361-9584.

Feel free to call us about any questions you may have following your child's treatment **201-8500**.

We're *Wild* About Smiles