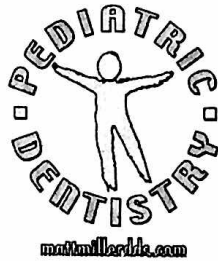


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POST OPERATIVE INSTRUCTIONS AFTER HAVING A TOOTH RESTORED ("A FILLING")

1. Your child's cheek, lip and tongue are numb from a local anesthetic. They can easily bite themselves and cause great injury if they are not careful. Also discourage your child from touching or pinching the numb part of their mouth. This could also cause injury.
2. If your child is awake, they need to either keep a cotton roll, gauze pack, or pacifier between their teeth while they feel numb. If they fall asleep, please remove the cotton roll, gauze pack, or pacifier so they do not swallow the object.
3. Your child's diet should be restricted to soft foods especially while they are numb and for 2 to 3 days after the procedure. Jell-o, applesauce, pasta, soup, popsicles, Jamba Juice and milkshakes are great examples.
4. Your child may experience soreness after the procedure. It is a good idea to administer either Tylenol or Motrin as directed on the bottle for at least the first 24 hours. Use as needed after the first 24 hours.
5. Placing an ice pack in the area of the procedure is also a good idea for the first 24 hours. Twenty minutes on the area and then 20 minutes off.
6. Your child may notice their "bite" feels different. They will adjust very quickly, so do not worry.
7. You may notice some bleeding from the area where the procedure was performed. Quite often the tissue around the decayed area is abraded and bleeds slightly after the procedure. Remember it is usually a very small amount of blood but it dilutes in the saliva and appears to be much more. Do not worry, this is normal and will heal.
8. It is very important you help your child maintain good oral hygiene. If you are unable to brush the teeth, then use a thin wash cloth and wipe the mouth and area where the procedure was performed.
9. Please call (831) 375-4877 if you have any questions or concerns.

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POST OPERATIVE INSTRUCTIONS AFTER HAVING AN EXTRACTION (“A TOOTH REMOVED”)

1. Please review “POST OPERATIVE INSTRUCTIONS AFTER HAVING A TOOTH RESTORED” as much of the care is similar.
2. It is important for you to realize the healing process usually takes 1 week, but it may take your child 2 or even 3 weeks. First a clot forms in the socket and then the gum tissue and bone “grows” from the inside out.
3. It is very important that your child does not touch or pick at the socket. This may disturb the socket and delay healing. Avoid straws or hard sucking during the healing period. Gently brushing or wiping with a cloth is acceptable.
4. Your child will leave the office biting on a folded piece of gauze. Change the gauze every 10 minutes for 30 to 45 minutes. After this period, have them only bite on a cotton roll or pacifier. Once the clot has formed, we do not want to disturb it even with extended contact with gauze.
5. If there is fresh/active bleeding from the socket, have your child bite on a piece of gauze changing it as needed but not longer than 30 to 45 minutes. If the gauze and pressure from biting do not stop the bleeding, have your child bite on a wet tea bag for 20 minutes. If you are unsuccessful, call our office.
6. If there is an orthodontic appliance placed at the time of the extraction, simply clean around it. The tissue will heal normally.
7. Please call (831) 375-4877 if you have any questions or concerns.

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POST OPERATIVE INSTRUCTIONS AFTER AN ORTHODONTIC APPLIANCE IS CEMENTED

1. Avoid sticky or hard foods especially during the first 24 hours. The tooth cement is still hardening and any unusual force may dislodge the appliance.
2. Also avoid hard or sticky foods while the appliance is in your child's mouth.
3. Hygiene is very important. Cleaning the appliance may require an electric toothbrush, a water pick, or adult assistance.
4. If the appliance becomes loose, contact our office to recement the appliance immediately.
5. If the appliance comes off, save it and contact our office immediately so it can be recemented.
6. Please call 831-375-4877 if you have any questions or concerns.