



Post-Appointment Instructions

General Guidelines

- Your child will be numb for 2-3 hours. Please watch them so that they do not bite their tongue or cheek.
- If they are hungry, you may give them something soft to eat and drink, no solid foods until numbness wears off.
- Should your child have any discomfort, you may give them Tylenol or Motrin as directed on the bottle.

Fillings

- If your child had amalgam (silver) fillings, they should not eat anything for 30 minutes regardless of whether they received an anesthetic or not.
- Amalgam material takes 24 hours to fully set up. Avoid eating on the side where the filling was placed and avoid anything hard, sticky or crunchy for the next 24 hours.
- If your child had composite (white) fillings, they should not drink anything dark (i.e. grape juice, soda) for 24 hours.

Extractions

- Your child may eat and/or drink something soft after the numbness goes away.
- Make sure your child continues to bite on the gauze until the bleeding stops. If the bleeding is excessive and continues, have your child bite on a wet tea bag.

Pulpotomy/Stainless Steel Crown

- The gum tissue around the crown may be tender from the preparation. You may give your child Motrin or Tylenol for the discomfort as directed on the bottle.
- You additionally may use warm salt water rinses to help with healing: use 8 ounces of warm water + ½ teaspoon of salt 1-2 times per day for the next 2 days.
- If the crown should come loose or fall off, keep it and call our office to have it re-inserted.

Space Maintainers

- For as long as your child has the space maintainer, they should not eat hard, sticky candy, crunchy foods or drink soda.
- Please make sure your child does not play with the space maintainer.
- At first, your child may sound different when they talk and it may take some time for them to adjust to having the space maintainer. Encourage them to continue talking and reading aloud.
- If the space maintainer should come loose or break, keep it and call our office to have it re-inserted.
- If you see a tooth coming through the gums under the space maintainer, please call our office, it may need to be removed.

Sealants

- Your child may mention their bite feels different; this is normal and will correct itself over the next few days as excess material wears off leaving only what is needed in the deepest grooves.

Fluoride Varnish

- For the next 4-6 hours eat soft food and avoid hot beverages. Also, wait 4-6 hours to brush and floss.

Please call with any questions. Thank you!