

# Post Operative Instructions: Pediatric Treatment



Clarence Street  
DENTAL Group

## Your child has had local anesthetic for their dental procedure:

1. Please monitor the foods that your child eats that will involve chewing until the numbness goes away. Smoothies, milk shakes and yogurt are just a small example of "safe" foods that can be had while numb. Your child may resume a normal diet once the numbness is gone which is usually within 2 to 4 hours after their appointment.
2. Do not allow your child to rub, scratch or pinch their face while numb as they may injure their skin. They may say "it itches" or "hurts." They are simply referring to the numbing sensation and need to be assured that the area is "asleep" and will "wake-up" in a little while.
3. Often, children do not understand the effects of local anesthesia, and may chew, scratch, suck, or play with the numb lip, tongue, or cheek. These actions can cause minor irritations or they can be severe enough to cause swelling and abrasions to the tissue. Please monitor your child closely for approximately 2-3 hours following the appointment. If post anesthesia trauma to the cheek or lip occurs, it appears as an oblong or round raised white-gray coated patch on the cheek or along the lip (where the teeth meet). Use cold compresses to reduce swelling and administer a Tylenol-type medication.
4. If your child has had either a space maintainer or a crown placed, avoid any foods that are either sticky or very hard to chew for 24 hours following their appointment. Proceed with brushing and flossing as normal, the night of their appointment unless specifically told otherwise.
5. Your child has had flouride applied to their teeth today. It is recommended to avoid hard, crunchy, or sticky foods today (ie. crackers, apples, carrots, gummies). They should not brush their teeth for the rest of the day.
6. After having a tooth removed, there are special instructions to follow for children.
  - a. **Bleeding:** The patient needs to bite on the gauze for 20 minutes after leaving the office. More gauze is provided. For very young children, the parent or guardian will have to press the gauze in place. If the bleeding continues, place one piece of firmly folded gauze in the mouth and have the child bite on the gauze for another 20 minutes. If bleeding continues, have your child bite on a wet tea bag (the tannic acid promotes clotting).
  - b. **To protect the clot:** The child should be encouraged to swallow and not spit for the rest of the day. Don't allow your child to suck liquids through a straw for 24 hours, to avoid pulling the clot.
  - c. **Healing:** It takes several days for the gum tissue to close over the bony socket. If there was a dental abscess or infection, there may be slight drainage of the infection for a day or so. There may be a stain on the morning pillow.
  - d. **Activity:** Keep activity levels low today: no swimming, jumping, or running around for 24 hours.
  - e. **Food:** After the anesthesia has worn off, a regular diet is fine, but avoid salty or rough foods such as chips, pretzels, or crusty breads. Encourage eating on the untreated side for a day or so.
  - f. **Pain:** The local anesthetic will be effective for pain control for several hours. Most children have little discomfort from simple extractions. A Tylenol-type medication may be used.

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- g. **Sutures:** After the tooth was removed, special medicine was placed in the tooth socket and closed with dissolvable sutures. They may feel strange for your child for a few days but will dissolve within 7 to 10 days.
- h. **Brushing:** Resume brushing today, but clean the extraction site with a wet Q-tip or cotton ball.
- i. **Oral Rinses:** If your child is able to "swish and spit", after 24 hours we suggest rinsing the mouth with warm salt water 3-4 times a day for a few days. Use 1/4 tsp salt in 6 oz of warm water.
- j. **Antibiotics:** The doctor will decide if antibiotics are needed, depending on the reason for the extraction. Parents should watch for signs of infection, such as redness, pain, swelling, or pus.

**If you have any questions or concerns, please call us at the office during regular business hours. If it is after hours, please text our emergency hotline 226-286-8829.**