



Post-Operation Care

Oral Discomfort Following a Cleaning

After a dental cleaning, your child may experience some bleeding, swelling or tenderness or some discomfort. This is due to tender and inflamed gums, and is not the result of a "rough cleaning." If this is experienced, we recommend that a warm salt water rinse 2 - 3 times per day (*1 teaspoon of salt in 1 cup of warm water*) for 2-3 days after the cleaning. For discomfort use Children's Tylenol, Advil, or Motrin as directed for the age of the child.

Please do not hesitate to contact the office if the discomfort persists for more than 7 days or if there are any questions.

Caring for the Mouth after Extractions

- Bite on sterile gauze pad for approximately 30 minutes or until bleeding has stopped; replace pad every 30 minutes if bleeding continues. Biting on a wet tea bag may also help if bleeding persists for longer than several hours. If bleeding or oozing has not stopped within 24 hours, call your dentist.
- Avoid frequent spitting as it could enhance bleeding. Swallow normally.
- Do not use a straw for the next 24 hours.
- Do not put fingers or other objects in the tooth socket.
- Do not rinse mouth for several hours. When the dentist advises, make a salt solution of half a teaspoon of table salt in one glass (8 oz.) of warm water and gently rinse. Repeat up to 5 times daily.
- Do not eat or chew until the "numb feeling" has completely disappeared. Once it has, eat only soft foods for at least 24 hours.



- Avoid carbonated beverages, hot food and hot drinks for the next 24 hours.

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- Expect some discomfort and swelling following tooth extractions. Follow specific guidelines given by your pediatric dentist regarding discomfort and swelling.
- For discomfort, use Children's Tylenol, Advil, or Motrin as directed for the age of the child.
- Take medications as prescribed.
- If you are concerned about a complication or have any questions, please contact your dentist.

Caring for Sealants

Since, the covering is only over the biting surface of the tooth, areas on the side and between teeth cannot be coated with the sealant. Good oral hygiene and nutrition are still very important in preventing decay next to these sealants or in areas unable to be covered. Your child should avoid chewing foods and candy that can fracture the sealant. Do not allow your child to chew on ice or eat hard candy or very sticky foods. Examples of foods to avoid are taffy, Now and Laters, and Jolly Ranchers. Regular dental appointments are recommended in order for your child's dentist to be certain the sealants remain in place.