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Pediatric Dentist

HOME CARE INSTRUCTIONS AFTER DENTAL CARE

We have performed one or more of the following procedures on your child. Please follow these guidelines and precautions for the safety and comfort of your child.

Anesthesia: Your child has received a local anesthetic. In addition to blocking sensation from the teeth, *the anesthetic "numbs" the lips, cheeks, and tongue* in the area of treatment. This may be a puzzling or curious sensation for your child, but care must be taken so that your child does not bite, suck, or chew his/her lips or tongue; otherwise your child's lips or tongue will be tender or sore. Therefore, please watch your child closely for 2 to 3 hours, and have him avoid eating, if possible, until the anesthesia has completely worn off. Follow the General Considerations on the back page.

Extractions: The bleeding of the extraction site should be minimal by the time your child leaves the office. However, she/he should bite on gauze until the bleeding stops. If the area is still bleeding within 3 hours after leaving the office, wet a tea bag, wrap it in gauze and have your child bite on it for an hour. Follow the General Considerations on the back page.

Pulpotomy/Pulpectomy: Removes part or all of the nerve (pulp) in primary teeth to prevent or treat the formation of an abscess. A medicated filling material is placed in the nerve space and a cap or filling is used to restore your child's tooth. Since a local anesthetic was used, please review the precautions under **Anesthesia** and observe the General Considerations in the back page.

Composite Fillings: Special care must be taken with these restorations. They are not nearly as strong as amalgam fillings and occasionally need to be repaired or redone. To avoid the cost and time of replacement, please have your child avoid sticky foods such as hard candy, caramel, taffy, gum, ice, etc

Sedative Filling: Used to relieve pain and/or temporarily restore teeth. These are temporary fillings and must be followed up with a final restoration. They are not strong, thus follow the advice on **Composite Fillings** carefully and caution your child not to chew hard foods on the side with the sedative filling.

Stainless Steel Crowns: When decay has destroyed a tooth to the extent that there is little support for a filling, or a nerve treatment had to be performed, it is best to surround the tooth with a crown. Otherwise, the remaining portion of the severely weakened tooth may fracture, resulting in an extraction. Stainless steel crowns are used to fix back teeth and occasionally front teeth where plastic

restorations are not easily retained. To avoid the cost and time of replacement, please have your child avoid sticky foods such as hard candy, caramel, taffy, gum, ice, etc. The crowned tooth will usually fall out normally when the permanent tooth is ready to come in.

Plastic Crowns: When the front teeth are severely decayed but there is enough tooth structure remaining, composite crown may be used. It also provides esthetic reconstruction of front teeth fractured in accidents. While the material is strong, it is not nearly as strong as stainless steel crowns and will easily fracture if subjected to strong forces (blow to the teeth, biting on ice, etc.) Otherwise, follow the same recommendations as in **Stainless Steel Crowns** above.

Pedo Partial: Esthetic Appliance to replace prematurely lost front teeth. Follow **CARE** instructions under **Space Maintainer**.

Habit Appliance: Device used to eliminate deleterious oral habits when the child is unable to do so on his own. See under **CARE** below:

Space Maintainer: When baby teeth molars are lost prematurely, it is necessary to keep the space created by the early loss of the baby tooth. If the space is not maintained, the permanent teeth will be unable to come in properly.

CARE: Your child may have some difficulty eating or talking until he/she gets used to the appliance. This will take 3-5 days. There may be some slight discomfort at first. Tylenol may be taken. Most patients have the habit of pressing their tongues against the wires; this will create a groove in the tongue. Although this is not harmful, it may, for a short time, make the tongue uncomfortable.

Regular checkups are recommended to make sure the appliance is still fitting properly and that the cement has not washed out or the bands become loose. If you notice the new tooth erupting improperly under, or going around the space maintainer, call the office as soon as possible. To avoid the cost and time of replacement, please have your child avoid sticky foods such as hard candy, caramel, taffy, gum, ice, etc. Also remind your child not to "play" with the new appliance with his/her fingers or tongue.

Sealants: An excellent preventive measure used to protect the *chewing surfaces* of back teeth. They occasionally need to be repaired or redone. Child should not chew on ice, hard candies, etc. so the sealants are not fractured.

GENERAL CONSIDERATIONS

1. If your child complains of any discomfort or pain, give him/her Children's Tylenol as recommended on the label. DO NOT give your child Aspirin because it will prolong the bleeding.
2. If you notice that your child's face is swelling during the first 24 hours, place some ice in a plastic bag, wrap it in a washcloth and place over the swollen area. Do this for 10 minutes, remove for 10 minutes, then place again in this fashion for as long as the child will tolerate.
3. For the first 24 hours after the dental treatment, your child's diet should consist of soft foods such as mashed potatoes, pasta, yogurt, Jello, etc. Have your child avoid soda and drinking through a straw. After 24 hours, your child may eat whatever is comfortable for her/him.
4. Have your child avoid any strenuous activity during the first 24 hours after treatment. Allow your child to rest and relax.
5. You can brush and floss your child's teeth the night after the dental treatment, but avoid the treatment/extraction area. A clean mouth promotes faster healing.
6. Sometimes the gums are sore around the area where the work was done. If your child is complaining about this, have her/him rinse with a mix of 8 oz of warm water to 1/2 teaspoon of salt every hour for five minutes until the soreness goes away.

If you have any questions or concerns regarding treatment, please give us a call at (561) **626-9887**.



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