



Bridger Children's Dentistry

a | 1039 Stoneridge Dr., Ste 1

Bozeman, MT 59718

p | 406.587.5437 (KIDS)

e | Info@BridgerChildrensDentistry.com

w | BridgerChildrensDentistry.com

POST-OPERATIVE INSTRUCTIONS

The following information is provided to aid you and your child after routine dental treatment provided by our office. Checked areas indicate specific treatment(s) rendered.

☐ **Local Anesthetic** - Local Anesthetic was used during your child's dental treatment. As a result, their mouth will be "numb" for approximately 2 hours. **Watch them closely to see that your child does not bite, scratch or injure the cheek, lips or tongue.** Some children become very upset (even crying) and complain of pain when they realize their mouth feels "different." Please do not be alarmed! Many children are unfamiliar with this numb sensation and associate this with pain. Reassure your child that the "funny feeling" will go away in approximately 2 hours.

☐ **Sealants** - Sealants are placed on the teeth without the use of local anesthesia. Your child may feel his/her teeth do not fit together properly for a few days. Crunching ice, eating sticky foods such as candy should be avoided because it might dislodge or break the sealant. We will check the sealants at each exam. The longevity of the sealant is based on your child's diet and hygiene practices.

☐ **Enameloplasty** - Contouring of enamel is indicated in the following situations: (1) to prevent a very small cavity from enlarging (2) to correct an ectopic eruption (3) to correct mild crowding. This is a minimally invasive procedure that results in little to no discomfort.

☐ **Dental Fillings** - After the placement of dental fillings, teeth may often be sensitive to hot, cold and pressure for a brief time. It is not uncommon for recently filled teeth to require several weeks to feel "normal" again.

☐ **Crowns** - Your child's tooth has been covered with a crown which has been shaped to fit the tooth, covering it completely and protecting the tooth, allowing your child to maintain that tooth until it naturally falls out. The gum tissue surrounding the tooth may appear to be bleeding. This is normal! When preparing your child's tooth for a crown, it is necessary to fit the crown closely to the gum tissue, resulting in some hemorrhaging and bruising of the tissue. Following placement of the crown some parents will notice a purple or gray color around the gums; this is also normal and should subside over time. Help your child avoid eating sticky things like taffy, tootsie rolls and hard items like corn nuts and ice. These snacks can break or loosen the restoration. Continue brushing the crown and gum tissues to promote healing.

☐ **Pulpotomy** - When your child receives a nerve treatment it is usually **not** necessary to prescribe any pain medication. Children that do experience discomfort usually do fine with Tylenol or Ibuprofen (follow directions on the bottle based on age and weight).

☐ **Dental Extractions** - After dental extractions, your child will have gauze pressure packs placed to control bleeding from the site of the extraction. Most dental extractions are routine, and it is unlikely that your child will need any pain medication or any antibiotics. Children that do experience discomfort usually do fine with Tylenol or Ibuprofen (follow directions on the bottle). Do not allow your child to suck from a straw or drink carbonated beverages for 48 hours as this may prolong bleeding due to disrupting the normal blood clotting process.

☐ **Space Maintainers** - Teeth may be tender for a few days. Your child should avoid prying or poking at the appliance with his/her fingers or tongue. Help your child avoid eating sticky things like taffy, tootsie rolls and hard items like corn nuts and ice. These snacks can break or loosen the appliance. Brush the appliance along with the rest of the teeth at least twice a day. Check periodically that the appliance is still properly placed. If it comes out, please call the office.

☐ **Nitrous Oxide – Oxygen** - "Laughing Gas" was used during your child's dental appointment. Nitrous Oxide has a proven track record of being very safe, providing exceptional relief of anxiety with the only side effect being that of nausea but only in rare instances.

☐ **Laser** - We used our state-of-the-art Co2 laser which allows us to do anesthesia free dentistry. Your child is not numb after treatment today.

☐ **Swelling and Pain** - Mild swelling and discomfort are normal occurrences following some dental procedures. Any significant swelling or moderate to severe pain needs the attention of the dental office so it can be properly managed.

☐ **Diet and Other Limitations** - After dental treatment, especially dental extractions, your child's diet should initially consist of soft foods (Jell-O, pudding, smoothies) and clear non-carbonated beverages (water, juice, Gatorade). Avoid eating crunchy or sticky foods.

Give us a call with questions: 406-587-KIDS(5437).