



Armstrong Pediatric Dental, LLC

Healthy Smile Center

Susan A. Armstrong, DDS

Specialty Permit #5405



Diplomate, American Board
of Pediatric Dentistry

POST OP INSTRUCTIONS

After the Anesthesia: Your child should be encouraged to drink fluids every 15-30 minutes for the remainder of the day and continue resting. Use of nitrous oxide and oxygen analgesia by facemask that fits over the nose, mouth opening devices and other dental devices may cause facial drying and irritation. Skin cream or Vaseline should be routinely applied to the lips and nose. If local anesthesia was used, the lips and tongue may continue to be numb. Your child should not be allowed to chew or bite for at least 2 (two) hours after the procedure. **Doing so can result in injury to the soft tissues of the mouth.**

Supervision after general anesthesia: Since your child may be drowsy for five to six hours after the appointment, **SUPERVISION** by an adult must be arranged. If your child wants to sleep, lay them on their side and wake them every 15-30 minutes to check on him/her.

Pain or discomfort: Your child may experience discomfort after treatment. Give your child the weight appropriate dose of children's acetaminophen (Tylenol) or children's ibuprofen (Motrin) for the remainder of the day or the next morning. Do not give your child any other medications today without checking with Dr. Armstrong first.

Bleeding or oozing: If your child has had an extraction, a slight oozing of blood from the mouth for a day is considered normal. Call our office if there is excessive bleeding. Sometimes a small amount of blood mixed with saliva will appear to be excessive bleeding.

Diet: Maintain a liquid diet, such as clear juices, water, Jell-O, Popsicles, etc. for the first hour after returning home. If your child does not vomit, then he/she can have a soft diet for a remainder of the day – soup, eggs, oatmeal, yogurt, puddings, applesauce, and mashed potatoes. Avoid hot and spicy foods.

Oral Hygiene instructions after extractions: Use moistened gauze for 1-2 days post-op. Then regular brushing and flossing can begin 3-4 days post-op. **Remember**, a clean mouth will heal more quickly.

Crowns (caps) and Space Maintainers: If your child has had a crown or space maintainer placed, it is important that no hard or sticky candy may be eaten from this point on. Hard and sticky candies will pull crowns off teeth. There may be slight bleeding from around the crowns for a few days. This is normal and it is important to continue brushing these teeth and gums to help heal faster.

Sealants: Avoid sticky, retentive foods. This will allow for a longer life for the sealant.

Please call our office to schedule a two week post-op exam.

