

DENTAL TREATMENT INSTRUCTIONS

For your child's safety, read this information carefully.

Please contact us with any questions about your child's upcoming appointment or these instructions.

PRE-APPOINTMENT INSTRUCTIONS

2 WEEKS PRIOR TO APPOINTMENT

Please call us with changes in your child's health. Changes that may require rescheduling include:

- virus or upper respiratory issues
- strep/sore throat
- sinus congestion/stuffy nose
- ear infections
- MRSA (Methicillin-resistant Staphylococcus aureus) infection
- other medical/dental surgery
- trauma, ulcers, or fever blisters in/near mouth
- lice, pink eye, poison ivy/oak

APPOINTMENT INSTRUCTIONS

Eating/drinking:

Since Nitrous Oxide may be used during your child's appointment, please avoid feeding your child a heavy meal (including fried foods) prior to appointment to prevent an upset tummy.

Hair/clothing:

Please allow your child to wear comfortable clothes. We ask that your child not wear ponytails, as this is not comfortable when lying back in the dental chair.

Limit the details of your child's appointment to minimize anxiety and fear. We want your child's experience to be as pleasant as possible. If you notice that your child is anxious or fearful, please let us know. We want to make your child's experience as pleasant as possible.

POST-APPOINTMENT INSTRUCTIONS

CALL 911 IF YOU BELIEVE YOUR CHILD IS HAVING A MEDICAL EMERGENCY RELATED TO THE APPOINTMENT

If your child was anesthetized with local anesthetic, please watch lip, cheek and tongue chewing, pulling or biting. These tissues are extremely fragile and can be easily ulcerated with continued trauma. If this occurs, you may notice swelling or abrasions to tissues.

Depending on age and extent of treatment, we may suggest not returning to school, daycare or participation of extracurricular activities.

Your child may have bleeding/oozing associated with the dental treatment. This should subside in 1-2 days.

Alternate acetaminophen and ibuprofen every 3-4 hours as needed for possible discomfort related to today's treatment. Always use age and weight appropriate dosages following manufacturer's guidelines. Never exceed maximum recommended dosing.

If your child has had extractions, please observe the following instructions:

- 1) No carbonated beverages for 2-3 days
- 2) No sucking through straw for 2-3 days
- 3) No sharp foods (chips, etc.) for 2-3 days
- 4) Eat soft cold, cool or warm foods for 1-2 days
- 5) No smoking
- 6) Activities (including sporting practice and events) that would cause your child to become hot should be limited for 1-2 days.
- 7) Mild to moderate oozing for 2-3 days is normal. Please place gauze at extraction site if bleeding is heavy and have your child bite with firm pressure.

Please notify our office if a filling comes out or a crown comes off and a time will be appointed to assess. Please bring the crown for re-cementation. Be careful as floss has the potential to hang on the margin of crowns or fillings potentially loosening or removing them.

If your child had sealants, white or silver fillings, crowns, or space maintainers placed, please help us to ensure success of these restorations by reminding your child not to eat sticky candy (gummy bears, Now & Later candies, Jolly Ranchers, etc.) or crunching on ice. These habits can break the restorations that have been placed and could necessitate retreatment. Your child may tell you that he/she is biting "funny" or that his/her teeth don't fit together. This is normal and after 2-3 days should no longer be noticeable.

If your child had restorations on their anterior (front) teeth, please remind your child to not bite into hard foods (ex: raw apples, carrots) or use their front teeth to open chip packages, tear at beef jerky, etc. These habits can break the restorations that have been placed and could necessitate retreatment.

Large fillings which are close to the nerve of the tooth may be sensitive to hot and cold foods and beverages for some time.

If you have any questions or concerns related to treatment contact us at 903-892-1200