



## CARE AFTER DENTAL TREATMENT

**Healing may be slowed, or problems may occur if these instructions are not followed. If you have any questions about your child's healing, call your Junior Smiles Dentist.**

### **Pain**

- ✓ Give Children's Tylenol (Acetaminophen) according to the instructions on the bottle.
- ✓ If the doctor deemed it necessary to prescribe a pain medication, follow the instructions on the bottle.

### **Bleeding**

- ✓ Some blood in the saliva is expected.
- ✓ If significant bleeding occurs, have your child bite a moist gauze pack for at least 15 minutes with a firm, constant pressure.
- ✓ Chewing, sucking or spitting can increase bleeding. If bleeding continues, have your child bite on a gauze pack for at least 15 minutes. **DO NOT ALLOW YOUR CHILD TO SLEEP WITH GAUZE IN THEIR MOUTH.**

### **Diet**

- ✓ Do not eat or drink one hour following the procedure or while still numb.
- ✓ Soft foods such as yogurt, Jell-O, soup, mashed potatoes, and refried beans are recommended. Your child can eat a regular diet as soon as it is comfortable to chew.

### **Swelling**

- ✓ Swelling is not generally expected, but can occur.
- ✓ If there is swelling, place an ice pack on the cheek in the area of the treatment for 20 minutes, then remove for 20 minutes. This may need to be done for the first 2 to 3 hours. **DO NOT APPLY HEAT.**

### **Antibiotics**

- ✓ Antibiotics are not required every time a tooth is treated. If the doctor deemed it necessary to prescribe antibiotics, follow the instructions and continue taking them until the bottle is empty.

### **Exercise**

- ✓ Encourage quiet activities for your child. This may include reading a book, playing cards, coloring, or watching television.

### **Tooth Brushing**

- ✓ Routine brushing can be continued. Brush the teeth as usual, and then use a cotton swab (a Q-Tip) around the area where the tooth was removed.

**Jr. Smiles Children's Dentistry®**

9645 Washington St, Ste. 100  
Thornton, CO 80229

(303) 455-3313  
info@KidsDentalSmile.com

Fax: 1 (888) 580-6052  
www.KidsDentalSmile.com