



Post Op Instructions

Dr. Nasem strives to offer the highest quality of dental care for all her patients. Below are the post-operative instructions she recommends to help make the recovery process as easy as possible. Of course, if you have any other questions or concerns, please do not hesitate to call our office- **949.668.0686**

___ **Sealants:** If your child had sealants placed today, your child may feel his/her teeth do not fit together properly for a day or so. This is completely normal as a thin coat of sealant was placed on the entire tooth and the high spots will wear down, leaving a coating in the deepest grooves and pits protecting the tooth. Crunching ice, eating sticky foods such as candy or gum should be avoided because it might dislodge the sealant. Sealants typically last 3-5 years with normal wear and tear. We will check the sealants every 6 months.

___ **Laughing Gas:** If your child had laughing gas today, he or she will leave the office with NO residual effects of the gas. Dr. Nasem administers 5 minutes or more of pure oxygen toward the end of each appointment using laughing gas to ensure that all the gas is flushed out of your child's system.

___ **Anesthetic/ Numbing:** If your child was numbed for today's procedure, he or she will be numb for 2-3 hours after the appointment, sometimes longer. **We do not recommend eating while numb, in fear of the child biting their lip, cheek or tongue.** *A smoothie or shake is recommended if they are hungry.* While numb, **it is very important the child DOES NOT bite, suck, pinch or scratch the numbed area-** they will not feel if they are injuring themselves. When the numbness wears away, there can be some tenderness or bruising of the gums in the injection site. Some children will become upset at the feeling of numbness, assure them it will go away and something cold (smoothie, shake or cold drink) typically feels good against the numbed area. An ice pack is not recommended as they can get frostbite in the numbed area.

___ If **ORAVerse** (our anesthetic reversal medicine) was given today, the numbness of the tooth, lip and/or tongue will only last **30-45minutes** after their appointment. The same soreness can occur but the child is able to eat after this 30-45min window and is less likely to bite or harm their numbed tissues.

___ **Children's Tylenol/ Motrin:** Giving your child Tylenol or Motrin while still numb can help ease any discomfort after patient's numbness wears away. Please follow the dosage directions on the package. This dosage can be repeated as directed for any discomfort.

___ **Fillings:** If your child received a filling today, he or she may have some tenderness in the area for 24-48 hours. Brushing gently in the area and flossing is recommended, salt water rinses can help speed up soft tissue healing and a softer diet until tenderness resides. Sometimes a filling can feel to "big" or high for a few days following treatment, Dr. Nasem seals all her fillings to ensure longevity and this added protection will wear down in the high spots in a day or two. If the high spot, lasts longer than a week, please call to have the filling adjusted.

___ **Crowns:** If your child received a crown today, he or she may have some tenderness and/or bleeding in the area for 24-48 hours. Brushing the crown gently and flossing is recommended, salt water rinses can help speed up soft tissue healing and a softer diet until tenderness resides. Bleeding is normal on the gums around a crown for a couple of days.

___ **Extraction/ Tooth pulled:** If your child had a tooth pulled today, he or she will have some tenderness and soreness for a couple of days in the area. Children's Tylenol or Motrin is recommended before numbness wears away to keep your child comfortable for the remainder of the day and a dose right before bed to help with sleep. Most kids feel much relief the next day or sooner. Oozing or mild bleeding for the site is normal for a few days, pressure from biting on gauze or rolled up paper towel helps any bleeding. Soft foods are recommended for a few days and **NO STRAWS** for at least 3 days after an extraction as this can cause bleeding. No swishing, spitting or forceful rinsing for 24 hours.