



# Mt. Airy Children's Dental Associates

*Pediatric Dentistry and Orthodontics for Children and Adults*

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## **POST-OPERATIVE INSTRUCTIONS FOLLOWING LOCAL ANESTHESIA FOR DENTAL PROCEDURES**

YOUR CHILD WILL BE NUMB FOR SEVERAL HOURS IN THE AREA OF THE LIPS,  
CHEEKS, TONGUE AND THE OUTSIDE SKIN NEAR THE TREATED AREA

### **Patients with local anesthesia for FILLINGS:**

- After the appointment, give age-weight appropriate Acetaminophen (TYLENOL), Ibuprofen (Advil or Motrin) to help the anesthesia “wear-off” easier. You may give it every 4-6 hours as needed. Take prescription medications as directed.
- Your child may eat and drink immediately after the appointment, but give your child liquids or soft food. Make good choices: give them nothing they have to chew excessively while they are numb.
- Take it easy for the rest of the day. DO NOT PLAN TO RETURN TO ACTIVITIES OR SCHOOL THIS DAY, ESPECIALLY IF YOUR CHILD HAS HAD ORAL SEDATION E.G. VALIUM, VERSED – AND LOCAL ANESTHESIA.
- Do not allow your child to chew, bite, suck, pick, or scratch the numb area. This can cause a very SORE AND SWOLLEN area that will get better in 5 to 10 days. Call our office if this happens. Over the counter liquid Benadryl-Maalox 50-50 mix (swish and spit) works as a magic mouth rinse to help the pain after a lip or cheek-bite injury.
- Your child may brush as normal if they have had a dental filling or crown.

### **Patients who have had DENTAL EXTRACTIONS follow all instructions above and:**

- Bite on the gauze for 15-30 minutes to help control bleeding. We tell the kids that “it looks a little red” where the tooth used to be and the gauze soaks it right up.
- Soft/liquid diet for the first 1-2 days and nothing hard or crunchy like Doritos, Pretzels, or Pizza Crust. Cool or cold foods: shakes, crushed ice may feel best for the first 6-12 hrs.
- Do not use straws, or rinse forcefully or blow the nose for about 24 hours.
- A towel on your child’s pillow will help, because saliva may be “pink” for 24-48 hrs.
- Do not brush teeth in an extraction area for 24 hours after surgery.

**Please call our office at (301) 829-6588 if you have any concerns or questions.**

*Specialists in Pediatric Oral Healthcare and Orthodontics for Children and Adults*

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