



## DENTAL HOME CARE INSTRUCTIONS

### \_\_\_ Following a conscious sedation appointment:

1. Watch your child closely for the remainder of the day. He/she should not return to school or daycare. If nausea, vomiting, or anything unusual occurs, call the dental office.
2. If your child takes a nap following this appointment, check him/her often. Position the child on the stomach to allow the tongue to fall forward and not block the airway. Keep the child in a room under adult supervision at all times.
3. Occasionally the sedation will cause a child to become very hyperactive or irritable. This lasts up to one hour and will go away.

### \_\_\_ Following local anesthesia:

1. Your child should not eat or drink anything hot or be allowed to chew or rub the affective area until the feeling has returned to normal (usually 3-4 hours following the injection). Give the child only liquids until the numbness is gone. This is to avoid accidentally biting or burning a numb area.

### \_\_\_ Following fillings and/or crowns:

1. If crowns were placed, the child should never eat or chew any sticky candy or gum (Milk Duds, Now or Laters, Caramels, Jolly Ranchers, Bubble Gum). Doing so can pull the crown off the tooth.
2. For discomfort, give Children's Tylenol, Advil or Motrin. (liquid or pills only, NO CHEWABLE).

### \_\_\_ Following extractions:

1. Give no carbonated beverages (soda pop), hot food or drinks, and no snack chips for 24 hours. **Do not permit drinking from a straw for 24 hours.**
2. To control minimal bleeding, have your child bite on a sterile gauze using light pressure for a few minutes. **ONCE BLEEDING STOPS, DO NOT REPLACE THE GAUZE.**
3. If minor swelling or pain occurs, apply an ice pack to the area (15 minutes on and 15 minutes off for one hour). Significant or persistent swelling and/or pain is not normal, and the dental office should be called.
4. For discomfort, give Children's Tylenol, Advil or Motrin. (liquid or pills only, NO CHEWABLE).