



Information Sheet – Children’s Dentistry

Cleaning: The child should wait 30 minutes after the fluoride treatment to eat, drink, or rinse. Please follow any home care instructions. We generally recommend brushing after meals and flossing once daily. For children over 6, fluoride rinses may also be used at bedtime. Avoid excessive sweets, especially liquid sugar (cola, sweet tea, many juices) and sticky sugars (like gum). Also, if your child needs to return (or was referred) for dental treatment, please schedule as soon as possible. It is very important that your child have all needed dental treatment completed quickly, and that they come in every 6 months for checkups.

Sealants: Sealants are protective coatings that protect against decay. They typically don't last forever, but will last longer if the child avoids chewing very hard foods (ice, hard candy) or sticky candy.

Filling: With silver fillings, the filling will not fully harden for 24 hours; therefore, a soft food diet for the day is encouraged. Milkshakes, applesauce, and macaroni and cheese are great choices. Your child’s gums may be sore for 2-3 days. To help with healing, keep the area clean by gently brushing two to three times a day and flossing. For any discomfort, children strength Tylenol or Ibuprofen is recommended. Remember that your child is numb for the next 1-4 hours and monitor carefully.

Extraction: Have your child bite on gauze for about 30-60 minutes. Cold and soft foods are a great choice for the next meal (i.e. ice cream, applesauce). Administer children’s Tylenol or Motrin for any discomfort. Avoid strenuous activity for the first 24 hours. A small amount of oozing is normal; your child can bite on additional gauze or a folded paper towel if bleeding continues. Remember that your child is numb for the next 1-4 hours and monitor carefully.

Stainless Steel Crown: To seat the crown, work must be done just below the gumline; therefore, expect your child’s gums to be sore for 2-3 days. Your child’s gum tissue may bleed upon brushing for the next few days. To help with healing, gently brush two to three times a day and floss. It may take a few days for your child to adjust to the crown. Do not let your child pick or pull at the crown as continuous force and pressure can pull it off. Your child should avoid sticky, hard candies (i.e. taffy, suckers, starbursts, caramels) for the life of the crown or spacer. Although it is cemented on to the tooth structure, these sticky foods can cause the crown or spacer to become loose. Remember that your child is numb for the next 1-4 hours and monitor carefully.

Numbness / Nitrous: The sensation of being numb after the appointment is typically the most challenging aspect for a child to understand. For the next 4 hours, monitor the child closely and avoid serving foods that require much chewing like meat or chewing gum (a soft food diet is recommended). If used, nitrous oxide sedation wears off quickly; your child should have returned to normal by the end of the visit, and there are no special instructions after use.