



## **Operative Appointment Aftercare Instructions: Extractions, Restorations (Fillings), Crowns, Spacers**

### **1. Diet**

- **Restorations or Crowns**
  - i. Soft foods for approximately 2-3 hours, or as long as the numbing medicine (local anesthetic) lasts. No dietary restrictions after this.
- **Extractions**
  - i. If an extraction was completed, soft foods for 48 hours. This includes pasta, yogurt, smoothies, ice cream, popsicles, soft sandwiches, soup, etc. Avoiding hard, crunchy foods like chips, peanuts, crackers, etc. will help to avoid any trauma or irritation to the extraction site as it heals.
  - ii. Drinking through a straw *is* okay.
- **Spacers**
  - i. If a spacer was placed, avoid the following as long as the spacer is in the mouth:
    - 1. Chewing gum, popcorn, sticky candy (caramels, laffy taffy, skittles, gummies, etc.).

### **2. Pain Management**

- The “numbness” will last for approximately 2-3 hours in the area where the tooth was extracted
- After the numbness wears off, **Tylenol** or **Motrin** may be given as needed, every 4-6 hours. Be sure to give the appropriate dose based on your child’s **weight**. Your child should not need any additional pain medicine beyond Tylenol or Motrin

### **3. Wound Care**

- **Restorations or Crowns**
  - i. The gum tissue (gingiva) can sometimes be red, slightly inflamed, or tender afterwards, lasting a few hours to a few days. No wound care is needed.
- **Extractions**
  - i. **Bleeding** can sometimes occur well after the extraction was completed, which is not uncommon. Place gauze or a cold wash cloth/towel over the area to help stop the bleeding. If bleeding does not stop after 45 minutes, call our office.
  - ii. For 1-2 hours after the extraction was completed, it was recommended that your child bite down on gauze to help promote proper clotting and healing. This will help reduce bleeding in the area.
  - iii. Brush your child’s teeth, or have your child brush their teeth regularly starting tonight, but **brush gently** around the extraction site. Continue with gentle brushing around the area for 1 week, as the area heals.
  - iv. You may have your child return to regular brushing over the area after 1 weeks.
  - v. The area where the tooth was extraction will heal completely over the next few weeks. Within a few days, the area will have filled in with soft tissue and the clot will have fully formed. It will take a few weeks for the tissue to grow completely in the area and fill in.

### **4. Activity**

- No strenuous activity for the remainder of the day. Avoid swimming for 4-6 hours.
- Depending on the number and extent of the extraction, your child can most likely return to school immediately.