

**SONORAN CENTER FOR PEDIATRIC DENTISTRY, P.C.**  
**POST OPERATIVE INSTRUCTIONS/INFORMATION**

The following checked items are post operative instructions/information for dental procedures completed on your child.

- **Local Anesthesia:** Local anesthetic (ex. - lidocaine) was used to make your child comfortable (numb) during his/her dental treatment. The numbing effect of the local anesthesia may last for 2-4 hours after treatment has been completed. Some children may attempt to bite or rub the numb area because it feels unusual or different. This should be avoided because your child may bruise/hurt his/herself. Your child should not eat during this time as a precaution against biting him/herself. You may give him/her liquids.
  
- **Nitrous oxide/oxygen analgesia:** Was administered to your child to aid in making the dental treatment more comfortable. Nitrous oxide/oxygen takes about 3-5 minutes to take effect and about the same amount of time to wear off. Other than being slightly drowsy, your child should have no residual effects from the use of nitrous oxide/oxygen analgesia.
  
- **Dental Extractions:** It is important that a clot form at the extraction site(s). Prior to leaving the office, gauze will be placed at the extractions site(s) and your child should bite firmly on the gauze for 10-15 minutes. In general bleeding will stop within this time period. If you remove the gauze and notice continued bleeding, replace the gauze and have your child bite firmly for another 10-15 minutes. Do not change the gauze more frequently than every 10 minutes as it may cause the newly forming clot to dislodge and cause additional bleeding. If excessive bleeding is noted, please call our office. To prevent dislodging of the clot, your child should avoid the following for the next 24 hours:
  - Hard, crunchy foods such as chips and pretzels,
  - drinking from a bottle, straw or sippy cup,
  - drinking carbonated beverages.
  
- **Stainless steel crowns/composite restorations:** Your child's dental treatment may have included restoring one or more of his/her teeth with a stainless steel crown (SSC) or with a composite restoration (filling). Due to the procedures necessary to fit the SSC or place the restoration, some tooth and gum tissue manipulation was necessary and may result in sensitivity or discomfort. Should this occur, you may give your child an over the counter pain medication (such as Children's Motrin or Tylenol). If sensitivity or discomfort continues for more than 24 hours, please contact our office.
  
- **Pulpotomy/pulpectomy (root canal therapy):** Your child's dental treatment may have included root canal therapy on one or more of his/her teeth. These procedures involve removing part of or all of the "nerve" of the involved tooth and placing a medication inside the tooth. Your child may experience sensitivity after this treatment. Should this occur, you may give your child an over the counter pain medication (such as Children's Motrin or Tylenol). If sensitivity or discomfort continues for more than 24 hours, please contact our office.

**IF YOU HAVE ANY CONCERNS OR QUESTIONS PLEASE CALL US AT 520-744-2663.**

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