

Twana Duncan, D.D.S., P.C.

Work: 580-298-5581

Caring For Your Child After Hospital or Sedation Dentistry

Treatment Provided: Today we restored your child's teeth with either: stainless steel crowns, pulpotomies (baby root canals), fillings, and/or extractions. The teeth were cleaned and fluoride was placed on them. Fluoride helps to make teeth more resistant to decay.

Numbness: If your child was given a local anesthetic during their dental surgery. They will have numb lips, cheeks, and tongue. It is very important that you watch them so they do not chew these numb areas. They can cause severe damage that could require stitches if they bite a hole in their cheek, lips, or tongue. They will be numb for approximately 2 hours following their dental restorations.

Pain Control: You may give your child ibuprofen (Advil or Motrin) or ask the nurse for Tylenol Elixir with codeine. The liquid Tylenol is usually prescribed by Dr. Duncan for your child following surgery to aid with their discomfort. He/she may be sore around the new caps. If your child was treated in the hospital with a general anesthesia, the child may also complain of a sore throat, this is from the tube that was placed down their throat so he/she could breathe during surgery.

If teeth were extracted (pulled): your child may still be bleeding a little. In the recovery room you can let the nurse know if you need any additional gauze. When you are ready to take your child home, you will find additional gauze in the plastic sack we have prepared for your child.

Feeding your child following dental surgery: Your child may be hungry or thirsty when they awake. Please feed them slowly: give him/her tiny sips of water or a little piece of crushed ice. Anesthesia upsets everyone's stomach, and your child may vomit if fed too quickly. Do not give your child milk or other dairy products as this will cause them to vomit. They can have it the following day. When he/she has tolerated the ice chips or water, you may then begin to feed him/her other clear liquids like chicken broth, jello, or apple juice. *It is important that your child drink plenty of liquids today.* They are dehydrated and need to be rehydrated. Later tonight, he/she should be able to tolerate soup, mashed potatoes, macaroni/cheese, and other soft foods. Tomorrow you can return your child to a normal diet.

Travel: Your child will need to be in an age appropriate car seat or seat belt for travel on the way home from the office. Please have the other adult who came with you today to ride in the back seat with this child. Monitor their head that they do not let their neck fall forward while sleeping and obstruct their airway. Have the child rest with their head tilted back against the seat rest.

Activities: While your child is resting position them so they sleep on their right side. You need to monitor them for 12 hours following surgery. If they are asleep you will need to wake them every hour and have them drink liquids. Remember it is very important for your child to rehydrate. Let them watch television and play indoors for the first 8 hours following surgery, so you can supervise them closely. Outdoor, vigorous activity is not to be undertaken on the day of surgery. Normal activities may resume on the first day after surgery.

Complications following treatment: If your child begins vomiting, does not stop bleeding following an extraction, or is running a fever, he/she will be kept for observations.

Fever- a modest rise (1 – 2°F) is not unusual after surgery. Tylenol or ibuprofen may be appropriate choices to help reduce that elevation. If the elevation continues or persists for more than 4 hours please inform Dr. Duncan immediately.

Vomiting: Nausea and vomiting are not uncommon. To decrease the likelihood of nausea and vomiting remain as motionless as possible. Contact Dr. Duncan if vomiting persists past 4 hours as your child may need a suppository. *Children dehydrate very quickly and if they become too dehydrated this can cause your child to become unresponsive and a severe medical emergency can result, requiring hospitalization for I. V. fluids.*

If in doubt: Call Dr. Duncan and leave a message with the first and last name of the child, the concern, and the phone number where you want her to call you back. If you have any questions or concerns you may call Dr. Duncan. 580-298-7858 (after hours) or the office at 580-298-5581.

There are certain foods and candies that are forbidden with dental caps: Stainless steel crowns or the tooth colored crowns placed on your child's teeth are held in their mouth by dental glue. Although it is a strong glue, sticky foods will pull the crown off his/her tooth. **Do not let your child eat sticky things such as: gum, caramel, taffy, Jolly Ranchers, Tootsie Rolls, Fruit Rollups, etc.** These foods will pull the crowns off of their teeth. If a crown comes off, you need to call our office to make an appointment to have it placed back on the tooth. Do not throw away the crown. You will be personally billed for the crown, Insurance or Sooner Care may not pay to replace or re-cement a crown. They only pay once for the restoration of a primary tooth with a crown. Baby teeth are needed until your child is 9 – 12 year old and they fall out allowing the permanent teeth to take their place. Without a crown covering the tooth, the tooth will be painful to your child because it exposes the nerve of the tooth to air. If your child continues to loose the crowns, we will extract (pull) the tooth and place a space maintainer to hold the place for the permanent tooth. Tell all caretakers what candies and foods they cannot have.

Enclosed in the plastic sack you will find everything you need and continue to need to buy yourself for taking care of your child's teeth: a soft bristled toothbrush, dental floss, and a fluoride toothpaste. The tooth paste should be either Crest or Colgate with fluoride. Do not buy your child tartar control or bleaching toothpaste; it is harmful to their teeth. Your child's teeth need to be brushed every morning before school or after breakfast and every night before bed. Buy (at the pharmacy) your child: 0.4% stannous fluoride gel (not a prescription). This needs to be brushed onto their teeth every night before bed. If your child has stainless steel crowns on his teeth, failing to brush them will make the gums red and puffy and they will bleed. **After your child's dental surgery he/she is now cavity free. Your child is small and does not have the manual dexterity to do a good job cleaning his/her teeth; they also must have an adult brush their teeth.** We will continue to see your child for their checkups every 6 months. This allows us to monitor the work we have completed, check the development of their permanent teeth, and determine if any future treatment or orthodontic work is needed. We must have your help to keep your child's teeth healthy. Please keep them clean so they never have cavities again!