



4901 N. 44th Street #102
Phoenix, AZ 85018
480-779-0227

The following checked items are instructions for the procedures completed today.

LOCAL ANESTHESIA:

Local anesthesia was used to make your child more comfortable during his or her dental care. The numbing effect of the anesthetic may last 3 to 4 hours or more. Some children are confused by this unusual sensation and may attempt to bite, rub, or pinch the numbed area. These actions may injure your child's numb lip, cheek, or tongue and could cause discomfort after the anesthesia wears off. Damage to the numbed area should be avoided so that your child is comfortable later in the day. While your child is numb, he or she should not eat foods that require significant chewing.

If your child is uncomfortable after the anesthetic wears off, it is sometimes helpful to administer children's acetaminophen (for example Tylenol brand) or children's ibuprofen (for example Motrin or Advil brands) for discomfort, if directed by your dentist.

DENTAL EXTRACTIONS:

After a dental extraction, it is very important to allow a blood clot to form at the extraction socket. A well-formed clot will allow for easier and more rapid healing. To facilitate this process, your child should bite tightly on the gauze provided for 15-20 minutes. Normal bleeding subsides within 30 minutes. It is normal for saliva to appear slightly pink for a couple hours after the appointment. However, if excessive bleeding occurs please contact our office. Give soft foods for the first meal following the removal of a tooth. Advance to more solid foods as tolerated. Quiet activities, such as reading or television, should be planned for the rest of the day. If your child has PE or recess at school, make sure that he or she does not participate in vigorous activities.

To prevent dislodging the blood clot, your child should **avoid the following for one day:**

- Rinsing or spitting excessively
- Drinking from a straw or bottle
- Drinking carbonated beverages
- Chewing hard, crunchy foods such as chips
- Brushing the extraction socket
- Running, bicycling, swimming or other vigorous activity

STAINLESS STEEL CROWNS, TOOTH COLORED CROWNS or SPACE MAINTAINERS:

After a crown or space maintainer is placed on a tooth, special care must be taken to maintain the integrity of the restoration and the health of the surrounding gum tissue. Excellent oral hygiene is a must. Your child's gums may take some time to adjust to the restoration and your child may experience some gum sensitivity or discomfort. If the sensitivity persists excessively, please contact our office. **Please avoid** sticky or chewy foods such as Tootsie Rolls, Gummy Bears, toffees, caramels, and fruit roll-ups. These items may pull the restoration off the tooth.

REMEMBER: Please call our office if you have any questions!

Stefanie Hourani DDS ~ Robert Mirabelli DMD
Marilyn Reber, Office Manager