

POST OP INSTRUCTION FOR CROWN CARE / EXTRACTION CARE

Crown Care

- Proper placement of a crown requires work just below the gumline, which may result in your child's gums being sore for 2-3 days. Your child's gum tissue may bleed upon brushing for the next few days but can last longer with poor oral hygiene. To help with healing, keep the area clean by gently brushing two to three times a day and flossing.
- It may take a few days for your child to adjust to the crowns. 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, gummies, including gummy vitamins) for the life of the crown. Although it is cemented on to the tooth structure, these sticky foods can cause the crown or spacer to become loose.
- It is common for the gum tissue around a newly restored tooth to experience slight bleeding and mild irritation or inflammation for several days. This can be eased using saltwater rinses several times a day while the irritation persists (1 teaspoon of salt in 8 ounces of warm water).
- If a crown becomes loose or falls out, you must save it and contact your dental clinic promptly for re-cementing.
- For any discomfort, Tylenol or Ibuprofen is recommended.

Extraction Care

- Remember that your child's cheek, lips and tongue may be numb for approximately 2-4 hours after the procedure.
- Avoid sippy cups, bottles, straws and pacifiers and avoid brushing the area for the first 24 hours after the procedure. The sucking action may cause prolonged bleeding
- Avoid salty, spicy, acidic or crunchy foods for the first 24 hours as this may irritate the extraction site. Cold and/or soft foods are a great choice (i.e. ice cream, applesauce, mac and cheese, etc.)
- Administer children's Tylenol or Ibuprofen for any discomfort.
- Children's teeth have very skinny roots that may fracture under the gumline. In majority of cases, the root fragments will dissolve on their own, but sometimes they can resurface on the gums, in which case they can be easily removed.
- Do not allow your child to participate in strenuous activity for the first 24 hours as this may increase bleeding from the extraction site.
- Light oozing from the extraction site is normal; if bleeding is heavy, have your child bite on a moist gauze or tea bag for 15 minutes.
- If bleeding continues or is not controlled, call our office immediately

****It is imperative that you take your child for regular cleanings and checkups to your family dentist.**