

After Your Child's Dental Treatment

When your child undergoes dental treatment they have completed a surgical procedure while awake; it's important to understand the healing process and what to expect afterwards. Here's a helpful guide on managing normal symptoms and ensuring a smooth recovery.

What to Expect

Dental treatment involves intricate work on teeth, gums, and nerves. It's normal for children to experience:

- **Soreness or Discomfort**: Mild to moderate.
- **Sensitivity**: To hot, cold, or pressure.
- **Gum Tenderness or Bruising**: Common after treatment.
- **Bite Adjustment**: May feel uneven initially.

These symptoms typically improve within a few days. If fever develops, contact your dental office.

Numbness & Precautions

Local anesthesia can cause numbness for about **2–3 hours**. During this time, children might accidentally bite their lips or cheeks. To prevent this:

- **Avoid Solid Foods**: Stick to yogurt, Jell-O, applesauce, smoothies, milkshakes, and ice cream.
- **Lip or Cheek Bites**: May swell for 2–3 days. A soft scab indicates normal healing, not infection.



Specific Treatment Guidelines

- **Sealants**: No numbness; brief bite adjustment. Avoid ice and sticky foods.
- **Fillings & Crowns**: Expect numbness for a few hours, with normal sensitivity and bite adjustment over a few days.
- **Nerve (Pulp) Treatment**: Soreness and gum tenderness may last several days.

- **Extractions**: Stick to soft foods and avoid straws for 24 hours. Mild bleeding is normal.
- **Space Maintainers**: Soreness for up to 48 hours; avoid sticky foods.

Pain Control & Comfort

To alleviate discomfort, use:

- **Children’s Tylenol or Ibuprofen**: As directed on the label.
- **Soft Foods**: For the first 24–48 hours.
- **Gentle Brushing**: Maintain normal oral hygiene.

When to Call Your Dentist

Contact your dentist if:

- Pain worsens after 3–5 days.
- Swelling increases or fever develops.
- Difficulty opening the mouth occurs.
- Bite discomfort persists past 5 days.

Ensure your child has a comfortable recovery by following these guidelines and reaching out to your dental office if concerns arise.