



## **Instructions after Treatment**

### **How long will my child's mouth be numb?**

Local anesthesia wears off in approximately 2 hours. During this time your child's mouth will be numb. As the local anesthesia wears off, your child may feel a tingling/itchy sensation, which feels very bizarre to him or her. Please be careful your child does not bite, suck or chew their cheeks, lip or tongue.

### **What can my child eat right now?**

Drinks and soft, easy to swallow foods such as yogurt and apple sauce are ok immediately following dental treatment, but avoid solid foods for 2 hours until the numbing completely wears off. In fact, a nice cold treat such as a popsicle or milk shake right after treatment will help your child's mouth feel better.

Once the numbing has worn away your child may eat solid foods. For today, choose foods that are on the softer side such as soup, pasta, cheese, meat and bread and avoid hard foods such as nuts, pretzels and popcorn.

### **Does my child need any medicine?**

We recommend that your child takes Children's Motrin if they feel some discomfort after the appointment. If this discomfort continues for the next couple days, please contact us for further assistance.

### **Can my child resume normal activities?**

Absolutely! As long as your child is up for it he/she can return to school and other activities such as sports, swimming, dance, etc. In fact, studies show that physical activity helps speed up the metabolism and wear off the numbing faster.

### **Brushing Instructions**

It is very important to brush your child's teeth as usual tonight. Often time's gums bleed a little bit on the day and day following dental treatment. Do not let this deter you from brushing; it is important to maintain healthy habits while your child's mouth heals from dental surgery.