

## **CAUTION NUMB!**

Your child has had local anesthetic for their dental procedure. If the procedure was in the upper jaw - the lip, teeth and surrounding tissue will be numb or asleep. If the procedure was in the lower jaw - the tongue, teeth, lip and surrounding tissue will be numb or asleep. Often, children do not understand the effects of local anesthesia and may chew, scratch, suck or play with the numb lip, tongue or cheek. These actions can cause swelling and abrasions to the tissues. Please monitor your child closely for approximately two hours following the appointment. It is often wise to keep your child on a liquid or soft diet until the anesthetic has worn off. Please do not hesitate to call our office if there are any questions.

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## Sealants

Your child had protective sealants applied today. By forming a thin covering over the pits and fissures, sealants keep out plaque and food, thus decreasing the risk of decay. The covering is only over the biting surface of the tooth. Areas on the side and between teeth cannot be coated with the sealant. Good oral hygiene (brushing and flossing) and nutrition (avoiding too much sugar) are still very important in preventing decay next to these sealants or in areas unable to be covered.

Your child should avoid eating ice or hard candy. This tends to fracture the sealant. Normal retention of sealants is up to four years. Sealants that become displaced in this time period will be replaced at no charge. After that four year period, there will be a replacement charge for the sealants.

The American Dental Association recognizes that sealants can play an important role in the prevention of tooth decay. When properly applied and maintained, they can successfully protect the chewing surfaces of your child's teeth. A total prevention program includes regular visits to the dentist, the use of fluoride, daily brushing and flossing and limiting the number of times that sugar-rich foods are eaten. If these measures are followed and sealants are used on the child's teeth as well, the risk of decay can be reduced or may even be eliminated!

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## **TOOTH COLORED FILLINGS & CROWNS**

Your child had been fitted with a tooth colored crown or has had a tooth colored filling placed. This type of filling is technically called a composite. It is made up of a composite quartz resin and usually contains some sort of light sensitive agent. These types of fillings and crowns can be used in both the front of the mouth as well as on the back teeth. The materials we use come in a variety of shades so that they will match the color of your child's natural teeth.

With composite fillings your child may experience some degree of temperature sensitivity for a few days up to two weeks. If it does not disappear within that period of time, please contact our office.

When these types of fillings or crowns are performed on the Incisor or Canine (front/anterior) teeth you must pay very close attention to what your child eats with those front teeth. Anything that is **hard or sticky** should be cut up and chewed with their back teeth to prevent any breakage to the composite material. Foods such as *apples, carrots, corn on the cob, pizza crust, bagels, beef jerky or any type of hard candies* are examples of the foods that *should be cut up*. Please also make sure your child doesn't have any habits of chewing on items such as pencil or fingernails because that could lead to damage to the teeth as well.

If the composite filling or crown breaks or comes off, please call our office so we may schedule a repair. We will replace/repair the filling at no charge for the first year. If repair or replacement is needed after that time, the patient will be charged for a new restoration.

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## **CARE OF THE MOUTH AFTER EXTRACTIONS**

- Do not scratch, chew, suck or rub the lips, tongue or cheek while they feel numb or asleep. The child should be watched closely so that he/she does not injure his/her lip, tongue or cheek before the anesthesia wears off.
- Do not rinse the mouth for several hours.
- Do not spit excessively.
- Do not drink a beverage containing carbonation for the remainder of the day (Coke, Sprite, etc.)
- Do not drink through a straw.
- Keep fingers and tongue away from the extraction site.
- Bleeding – some bleeding is to be expected. If unusual or sustained bleeding occurs, place cotton gauze firmly over the extraction site and bite down or hold in place for fifteen minutes. This can also be accomplished with a tea bag. Repeat if necessary.
- Maintain a soft diet for a day or two, or until the child feels comfortable eating normally again.
- Avoid strenuous exercise or physical activities for several hours after the extraction,
- Pain: For discomfort, use Children's Tylenol, Advil or Motrin as directed for the age of the child. If medicine was prescribed, follow the directions on the bottle.
- Please do not hesitate to contact the office if there are any questions.

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## **STAINLESS STEEL AND/OR TOOTH COLORED CROWNS**

A stainless steel or “tooth colored” crown was fitted on one or more of your child’s teeth today. Crowns can become loose from *chewing ice or hard, sticky candies*. We ask that your child avoid such foods as *Tootsie Rolls, Laffy Taffies, Caramels, etc.*

If the crown comes off, please call our office immediately, as we can re-cement it for a nominal charge.

If the crown has been lost or if it has been out of the mouth for a long period of time, we cannot refit the old crown. We must charge for a new crown as the teeth have shifted, making replacement of the old crown impossible.

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## Care of Space Maintainers and Orthodontic Appliances

Now that your child has their appliances, they must be sure to brush their teeth and gums better than ever before. Extra care must be taken in the area between the gums and appliances. We call this the “danger zone.” **Food that collects around orthodontic bands and wires can cause stains and cavities as well as unpleasant odors, so be sure to keep your child’s teeth clean. They should brush after each meal and take their time to do it right.** An electric toothbrush can be used; a “Water Pik appliance, if used conscientiously, is highly recommended.

Oral appliances will affect the foods your child can eat. In general, there are **two types of foods not to be eaten – hard, brittle foods and soft, sticky foods.** Some examples of each are as follows:

### Hard, brittle foods

- a. Ice
- b. Hard edges of pizza
- c. Crisp French fries
- d. Doritos
- e. Pecans, peanuts, etc,
- f. Popcorn
- g. Hard candy such as life savers and peppermint sticks

### Soft, sticky foods

- a. Gum (especially bubble gum)
- b. Sticky candy such as caramels and taffy

Certain foods can be eaten if they are served in a special way. Whole fruits and vegetables such as apples and carrots should be sliced and eaten carefully. Hard, crusty breads should be broken and eaten in small pieces. Fritos and potato chips are allowed if eaten carefully. Fresh corn may be eaten if sliced off the cob. **Please exercise caution in the selection of your child’s food.**

**In general, make sure your child keeps pencils, fingernails, etc. out of their mouth. They should not suck on lemons or limes.**

Children should treat their appliances as expensive, fine pieces of jewelry – in a real sense this is what they are. With your child’s cooperation and efforts, we will achieve the best results possible.

**NOTIFY US IMMEDIATELY IF APPLIANCES BECOME LOOSE OR BROKEN**



## FRENECTOMY POST OPERATIVE INSTRUCTIONS

- Watch your child carefully to prevent chewing or biting the lip as numbness wears off.
- Eat a soft diet for 48 hours and avoid spicy, sharp or crunchy foods that might injure the treatment area.
- Brush the front teeth gently 2 times daily to remove any plaque that accumulates to allow proper healing of the treatment area.
- 2 times a day, morning and evening, perform the following exercise for proper healing:
  - Upper frenum – pull the lip upward gently
  - Lower frenum – pull the lip downward gently
  - Lingual frenum – massage the area with a fingertip
- Place a small amount of Vitamin E, Coconut oil or Vaseline to the treatment area with a finger.
- Rinse with warm salt water (1 teaspoon of salt in 8 ounces of warm water) after eating.
- Use Tylenol or Advil for any discomfort.
- A small white patch in the treatment area is normal and is not a sign of infection.

## Treatment of Mouth Ulcers

Your child came in today and we discovered that he/she has an oral ulcer. These can be brought on by stress, hormonal changes, viruses or eating acidic foods. Though it can take up to two weeks for these ulcers to heal, there are some things that you can do at home to make your child more comfortable. We have provided packets of CankerX/Orajel and cotton tip applicators. These are numbing creams that are to be placed on the area after it is dried off and provide temporary relief from pain. It is especially helpful to place these creams on the affected area around mealtime and bedtime so that your child can eat comfortably and get a good night's sleep. It is also always best to keep the ulcer area clean. Any foods or drinks that are acidic, spicy, or carbonated should be avoided. Unfortunately, in some children mouth ulcers can be a common occurrence. Please call our office if you are concerned or have any questions.

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## **POST TRAUMA INSTRUCTIONS**

- \*Please keep the traumatized area as clean as possible. A soft wash cloth often works well during the healing process; this aids the healing process.
- \*Watch for darkening of traumatized teeth. This could be an indication of a dying nerve (pulp).
- \*After the initial swelling recedes, if the swelling should re-occur, our office needs to see the patient as soon as possible. Ice is indicated during the first 24 hours to keep swelling to a minimum.
- \*Watch for infection (gum boils) in the area of the trauma. If one is noticed, call the office so that your child can be seen as soon as possible.
- \*Maintain a soft diet for two to three days, or until the child feels comfortable eating normally again.
- \*Avoid sweets or foods that are extremely hot or cold.
- \*If antibiotics or pain medications are prescribed, be sure to follow the prescription as directed.
- \*Please do not hesitate to call the office if there are any questions.

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