



## Post-Operative Instructions for Restorative Procedures

Please follow the instructions below. Contact us with questions or if unusual symptoms develop.

**Numbness:** The mouth will be numb approximately two to four hours. Watch to see that your kiddo does not bite, scratch, or injure the cheek, lips, or tongue during this time.



**Bleeding:** None is expected

**Daily Activities:** Today, normal activities but monitor patient to avoid biting on lip/tongue.

**Diet:** The patient may drink cool non-carbonated liquids. Cold soft foods (e.g., ice cream, gelatin, Instant Breakfast®, pudding, yogurt) are ideal while numb but feel free to allow whatever your child feels he/she can tolerate.

**Oral Hygiene:** Keeping the mouth clean is essential. Today, teeth may be brushed and flossed gently.

**Pain:** Because some discomfort is expected and children tolerate procedures in different ways, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil) before the numbness wears off. Follow the instructions on the bottle for dosing based upon your child's age/weight.

### ***Watch for:***

**Swelling:** Slight swelling and inflammation may occur if the area that was anesthetized is injured. If swelling occurs, ice packs may be used for the first 24 hours (10 minutes on then 10 minutes off) to decrease swelling and/or bruising. If swelling persists after 24 hours, warm/moist compresses (10 minutes on then 10 minutes off) may help. If swelling occurs after 48 hours, call our office.

After hours, please contact Dr. Libby on her cell phone at (480)221-8933.

We Love 2 Love u.