



Simi Smiles

Pediatric Dentistry

Post-Operative Care Instructions

Thank you for trusting Simi Smiles Pediatric Dentistry with your child's care. The following instructions are designed to keep your child comfortable and help ensure smooth healing after treatment.

General Instructions (Apply to All Treatments):

- If local anesthesia was used, numbness may last 2-3 hours. Please supervise your child closely during this time.
- Do not allow your child to bite, chew, rub, or play with their lips, cheeks, or tongue while numb.
- Do not eat until numbness has completely worn off.
- Start with soft foods and return to a normal diet as tolerated unless noted below.
- Mild soreness or sensitivity is normal. Children's acetaminophen or ibuprofen may be used as directed.
- Resume normal brushing and flossing the same day unless instructed otherwise.
- Please call our office if you have concerns about pain, swelling, bleeding, or healing.



<p>After Tooth Extraction</p>	<ul style="list-style-type: none"> ● Have your child bite on gauze for 20–30 minutes to control bleeding; replace as needed. ● Do not use straws, spit forcefully, or rinse for 24 hours. ● Offer soft foods only; avoid hot, crunchy, or sticky foods for 24 hours. ● Keep activity light for the rest of the day. ● Mild swelling is normal; cold compresses may be used.
<p>After Dental Fillings</p>	<ul style="list-style-type: none"> ● Avoid chewing until numbness has worn off. ● Avoid very hard, sticky, or hot foods the day of treatment. ● Mild sensitivity to temperature or pressure may occur for a few days. ● Contact us if a filling feels high, rough, loose, or uncomfortable after several days.
<p>After Stainless Steel Crowns</p>	<ul style="list-style-type: none"> ● The crown may feel different or “tall” at first; this usually improves within a few days. ● Avoid sticky or chewy foods such as candies. ● Brush carefully along the gumline around the crown. ● Call us if the crown feels loose, comes off, or discomfort does not improve.
<p>After Space Maintainer Placement</p>	<ul style="list-style-type: none"> ● Avoid sticky, chewy, or hard foods that may loosen the appliance. ● Do not allow your child to wiggle or play with the space maintainer. ● Brush carefully around the appliance to keep the area clean. ● Contact our office if the appliance becomes loose, bends, or comes out.

At Simi Smiles, our goal is to have “Smiles That Sparkle, Kids That Shine”! If you ever have questions or concerns after your child’s appointment, please don’t hesitate to reach out, we’re always happy to help.