

Parvathi Pokala DDS & Associates

Post Treatment Instructions

SEALANTS & FILLINGS: In general, your child should not chew ice, hard candy, popcorn kernels etc. as they can cause sealants to chip/break over time. Also, avoid sticky foods. Longevity of sealants depends on many factors such as oral hygiene, grinding, diet, etc.

FLUORIDE & SILVER DIAMINE FLOURIDE: Do not eat, drink or rinse for 30 minutes and do not brush or floss tonight.

LOCAL ANESTHETIC: Your child may be numb for 2-3 hours after treatment. Keep a close eye on your child to make sure that they do not bite their lips, cheeks or tongue, especially during the first 1-2 hours after treatment. Do not let them chew food while numb. We recommend soft foods (yogurt, smoothies, etc) that can be swallowed without chewing. Brush and floss as usual tonight unless Flouride Varnish was applied.

EXTRACTION: Make sure your child bites on gauze for 20 minutes after leaving the office to control the bleeding. We recommend soft foods (yogurt, smoothies, etc) that they can swallow without chewing. No drinking from a straw for 24 hours. Avoid brushing in the extraction area tonight, but brush everywhere else. No sports activity for 24 hours.

SPACER & CROWNS: Avoid sticky foods in general. Make sure your child does not play with the spacer with their fingers or tongue. Spacers and crowns can feel tight at first (like a new pair of shoes!) and then "settle in" If spacer or crown becomes loose, return to have it re-cemented. Please bring the spacer or crown with you.