

Now that your child's appointment is done, keep the following in mind

Laughing Gas - nitrous oxide - has been used to help make their dental treatment more enjoyable and less anxiety inducing.

That laughing gas has now been exhaled, and your child was given oxygen for the last several minutes of their dental procedure. Keep in mind however that your child:

- will be more relaxed and less active for the next 15-20 minutes
- will now notice numbness, the new dental work and/or that teeth have been removed and may be upset by these sensations

Freezing - local anesthesia - has been given and will result in numbness of

- Lips / cheeks for about 2 hours
- Tongue for 3-4 hours

Try to keep them calm and distracted

These sensations will pass and your child will get accustomed to the new dental work / extracted teeth quickly.

Keep the following in mind

- keep a close eye on your child for at **least two hours** after treatment
- remind your child that they should not play with, scratch, chew, or suck on the area that is numb. If they do, it will cause swelling, irritation, or cuts. Minor biting will cause swelling for a day or two, but **severe biting can lead to a scar**.
- show them what they look like in a mirror so they see their face looks normal
- cold things, such as **popsicles or freezees** will help with the feeling and are a good distraction
- limit to eating soft foods and liquids until the numbness has gone away
- **give Advil** (ibuprofen) for soreness or swelling if necessary
- If your child keeps biting themselves despite all of the above mentioned strategies, know that you must stop them biting somehow. Sit your child on your lap and place your finger between their lip / cheek and teeth to bumper the lip / cheek from getting in between their teeth until the numbness passes.

After treatment, the gums must heal and adapt to the new dental work. **Brushing is very important in the healing process.** Brush tonight, carefully and thoroughly. Think of it as a massage for the gums. **Especially with crowns, if you do not brush well,** the gums will become inflamed and sore over several days, *and your child will not allow you to brush.*