

## Post-operative instructions

- Your child will be numb for approximately 3-4 hours. During this time, it is important that they do not chew or bite their cheeks, lips, or tongue to prevent swelling and pain.
- During the first 3-4 hours, foods that don't require much chewing to swallow are recommended.  
For example:
  - Yogurt
  - Applesauce
  - Milkshake (please use a spoon if your child had any teeth extracted today)
  - Smoothie (please use a spoon if your child had any teeth extracted today)
- After the numbness has worn off, soft foods are recommended for the next day or two.  
For example:
  - Mashed potatoes
  - Soup
  - Mac and cheese
  - Noodles

## After fillings:

Please refrain from crunchy, hard foods (such as cookies, crackers, chips, raw carrots, etc) for **48 HOURS** from the end of the appointment to avoid fracture of the fillings.

## After stainless steel crowns:

No sticky foods (**ever! Until the teeth fall out**) including (but not limited to):

- Fruit snacks
- Fruit roll-ups
- Tootsie Rolls
- Gummy bears
- Chewing/bubble gum
- Caramel
- Starburst, Jolly Ranchers, Skittles, jelly beans, Mike & Ike, suckers (basically anything fruit flavored)
- Snickers, Twix, etc (anything with caramel)
- Raisins
- Chewy granola bars
- Toffee
- Taffy
- Licorice

The above foods may cause the crowns and space maintainers to be damaged or dislodged. If this happens, please save the appliance and call us right away.

The teeth will fall out around age 10-12 years old.

**Please no juice or soda!**

Thank you for your cooperation!