

## **IMPORTANT INFORMATION FOR OUR PARENTS OF CHILDREN HAVING RESTORATIVE PROCEDURES**

### **Before the visit...**

- If your child asks you what is going to happen at the dental visit, we recommend that you tell them that our staff will explain everything to them before any work is done. We use terms like “sleepy juice” for numbing, and “wiggle” for tooth removal. Be careful not to suggest that something is going to hurt...it’s not.
- It is very important that your child does not eat or drink for at least two hours before the visit. This minimizes the chance of your child vomiting while we are working, which could have serious consequences.
- Arrive early for your child’s appointment...at least 5 to 10 minutes. This allows your child to relax for a few minutes, go to the restroom if necessary, or play a video game. It also helps us to stay on time. Arriving late for your child’s appointment may prevent us from completing all of the treatment planned, and could result in the appointment having to be rescheduled.

### **After the visit...**

- Don’t ask your child if “it hurt”. We ensure that your child is comfortable during their treatment. Suggesting that something should hurt will only add to their fears about dentistry.
- Watch your child carefully! The numbness lasts from 2 to 4 hours, sometimes longer. Insist that they keep the cotton roll between their teeth with their lips closed around it until the numbness wears off. You may remove the cotton roll temporarily if they are having something to drink.
  - Watch that they don’t chew on the cotton roll...they might chew their lip, tongue or cheek instead.
  - Keep their hands away from their face...they might scratch themselves without knowing it.
  - Don’t allow them to eat anything solid until the numbness wears off (liquids, Popsicles, ice cream, yogurt or pudding are okay).
- Give your child liquid ibuprofen (Motrin, Advil, or generic) before the numbness wears off. This works better than Tylenol. This will keep them comfortable after their mouth wakes up. Repeat the dose every 4 to 6 hours, as needed.
- Your child should be able to return to school after the numbness wears off.
- Call us if you have any questions or concerns. Thank you for helping us to make your child’s restorative procedure a pleasant one.

Dr. Mike & Staff  
630.833.1166  
[www.DentistryForKids.com](http://www.DentistryForKids.com)