

## Post-op Instructions after Dental Trauma

To help your child heal after a mouth injury, it is vital to maintain a clean environment for their teeth and gums. Start by managing swelling and pain with an ice pack applied to the cheek for 15–20 minutes every hour. For the next two weeks, ensure they do not use the injured tooth for biting or chewing, and stick to a soft-food diet—like mashed potatoes, pudding, or applesauce—for at least ten days.

Proper cleaning is equally important during recovery. Use a soft toothbrush and have your child rinse with a warm saltwater mixture (1 teaspoon of salt in 1 cup of water) twice daily for a week. Additionally, avoid using pacifiers during this time, as the pressure can hinder the healing process.

Please stay vigilant, as nerve damage or infection can occur even if your child isn't complaining of pain. Closely monitor the area for gum swelling, increased tooth looseness, or discoloration. If you notice a "pimple" on the gums, nighttime pain, or a change in tooth color, **contact Pebble & Pearl Pediatric Dentistry immediately**. Regular follow-up visits are essential because traumatized nerves can degrade over time, potentially impacting the underlying adult tooth.