



KIDS DENTAL CENTER, LLC

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Instructions Following Dental Treatment

Oral Hygiene Instructions: Be cautious of brushing the gums after teeth extractions or crowns, this may be uncomfortable. If you wish, starting tomorrow your child may swish and spit with luke warm, mildly salty water a few times per day. Only do this if your child is able to spit out. Use caution, especially with children under 5 years of age. Please continue to assist your child with tooth brushing and flossing at least a few nights per week.

Pain / Fever Control: Discomfort is tolerated differently in each of us. Commonly there is some discomfort during the first 72 hours following such comprehensive dental treatment. Discomfort and /or bleeding from the gums may occur following tooth extraction or crown placement. You might want to use an old pillowcase at nighttime. Any stitches should fall out on there own after 1-10 days.

A low-grade fever up to 100 degrees Fahrenheit is common following general anesthesia, and may persist for up to three days. If the temperature is above this level or lasts beyond three days, please let me know. Give your normal choice of over-the-counter pain / fever medication as needed, and as directed.

Diet: Each of us varies with our ability to recuperate from general anesthesia. Some people will return to a full diet the same day, and others who take almost one week. More commonly, expect an average time of <72 hours to return to a full diet. Even if there is not much appetite, encourage fluids to retain hydration. Avoid the use of straws or any sucking for the first 72 hours. Start with clear liquids, and room temperature, bland, soft foods. Increase as tolerated. Please contact me if your child has a difficult time keeping down food.

Activity Level: Children may be groggy and irritable following general anesthesia. They will need to sleep a lot for the first 72 hours. Some people also experience mild depression. Begin with very low energy level activities and progress as tolerated.

Follow-Up: Call the office at 410.465.6000 to make a follow-up appointment in 2 weeks.

Concerns / Questions: Please call me with any questions or concerns that may arise. Call 410.465.6000 and follow instructions on the answering machine to have me paged.