

Carolina Children's Dentistry

"We Make Smiles"

Dr. Felicia Goins, DDS

Dr. Lisbeth Poag, DMD

Dr. Sharlene Martin, DMD

Trauma Post Operative Instructions For Permanent Teeth (Adult Teeth)

Maintain soft diet for 2-3 weeks

Examples: Mashed potatoes, Jello, Yogurt, Pudding,
Applesauce, Grits, etc

No biting into any hard or crunchy food with front teeth

No Drinking through a straw

Also limit spitting

Sensitivity

May need to limit very hot and very cold food or drinks

Salt Water Rinses

Recommended for at least 3 days

Avoid Contact Sports

To Keep Area Clean

Use wet washcloth if not able to brush with toothbrush.

Tylenol Or Motrin

As needed for pain

Please do not hesitate to call us with any concerns

Columbia Location:

Office: (803) 736-6000

Office Pager: (803) 629-5836

Sumter Location:

Office: (803) 775-4793

Office Pager: (803) 468-1251