

# **Carolina Children's Dentistry**

"We Make Smiles"

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## **Trauma Post Operative Instructions For Primary (Baby) 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 or using sippy cups**

Use a regular cup for all ages for the next 2-3 weeks  
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**

If able to swish and spit

### **Avoid Contact Sports**

### **What To Watch For At Home**

Tooth may turn a grayish color due to trauma to the tooth  
Also watch for swelling/bubble above the tooth, this may be a sign of an abscess.  
Please call our office immediately for evaluation

### **If Tooth Is Loose**

It may take 1-2 weeks to tighten back up; avoid testing to see if tooth has tightened  
back up because that could cause tooth to become looser.

### **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**

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