Carolina Children’s Dentistry
“We Make Smiles”

Trauma Post Operative Instructions
For Permanent 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

**Tylenol Or Motrin**
As need for pain

Please do not hesitate to call us with any concerns
Office: (803)-736-6000
Office Pager: (803)-629-5836