

# 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**

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