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## Care of Your Child Following Dental Trauma

### □ Oral Hygiene:

It is important to maintain excellent oral hygiene. Clean the traumatized area by brushing gently today. Brush in all areas of the mouth. Use the chlorhexidine rinse, if instructed to do so.

### □ Pain:

A certain amount of discomfort is expected. If necessary, non-aspirin containing medications (Motrin or Tylenol) should be taken. Stronger pain medication is almost never needed.

### □ Diet:

A soft diet for a week is recommended to give the tooth/teeth a chance to heal. Avoid chewing directly on traumatized teeth.

### □ Prognosis:

Trauma to a tooth may eventually lead to pulp necrosis (death of nerve). This is more likely in serious injuries, and can occur at any time following trauma. The signs of such an event are:

- Pain - either spontaneous or upon eating
- Redness and swelling or "pimple" above the affected tooth
- Swelling of the lip or cheek

If any of these signs occur, you should call our office.

Discoloration (graying) of the tooth may occur as early as 2-4 weeks or up to 9 months following trauma. This is a sign of pulp (nerve) damage but does not necessarily indicate that the nerve is dead. If discoloration occurs without any of the above signs, the tooth may recover. In such cases, a period of watchful waiting is indicated until your child's next checkup. If the discoloration occurs with any of the above signs, you should call our office.