

Pediatric Dental Appointments

Your child's first appointment with the dentist is a very important first experience. However, it can be both an exciting and anxiety creating experience. Therefore, to help decrease anxiety and have a positive first experience it is beneficial to prepare your child and yourself for this appointment.

Prior to your appointment

Please do not discuss injections, needles or freezing in great detail. It is often best not to discuss it at all as it increases unnecessary fear. If we need to provide local anesthetic during your child's appointment we do so in a very gentle manner. We never show the 'needle' prior to injection or during. A topical anesthetic is always used prior and helps decrease discomfort. The dentist and dental team are very well trained to administer local anesthetic.

At the office on the day of appointment

It is often best to let your child go in on their own for their appointment. Numerous studies have found children are more compliant and have a better experience when parents are not present. The dental anxiety of a parent can result in increased anxiety in a child. It is also a great sense of accomplishment for a child to complete their dental appointment on their own. We do ask that you remain in the waiting room and do not leave the office.

If you prefer to accompany your child into the dental operator for their appointment we appreciate you being a '*quiet spectator*' as the dental team must have full control of the appointment and focus solely on your child without interruptions. When parents become too involved during the appointment, it is distracting to both the dental team and child and makes the appointment more challenging for everyone. Making your child's dental appointment a safe and positive experience is the most important.

If you have any concerns regarding your child's upcoming dental appointment, please do not hesitate to contact us.

After your child's appointment with the Dentist

If your child has had local anesthetic (freezing) we will make sure you are aware of the exact location at the end of the appointment. In most cases it is fine to have your child return to school right away. Local anesthetic will go away within a couple hours. Over the counter medications such as Children's Tylenol and Advil can be given to your child if you wish.

However, it is important to make sure you remind your child not to chew, suck or bite the anesthetised tissue area. Lip and cheek biting is harmless but very uncomfortable as the injured area is sore and swollen. It can take many days for this area to heal. For this reason, it is advisable to have young children scheduled in the morning (not at the end of the day before they are to eat and get ready for bed).

Restorative appointments

Your child can eat and chew on the area shortly after the appointment unless you are otherwise told you should not. You can resume physical activity right away.

Extraction appointments

Your child will have local anesthetic to the localized area surrounding the tooth. Extractions of primary teeth are typically 'simple' extractions (meaning that the bone and tissues surrounding the teeth are not removed). Removal of primary teeth do not require sutures.

Your child should refrain from touching and chewing on the area for a day. Please avoid eating hard foods for a couple days. Gentle brushing should be done on the surrounding teeth. Please avoid brushing where the extraction was done. There is no need to rinse your mouth.

If you have any concerns or questions following your appointment please contact our office.