

# Chompers

Pediatric Dentistry & Orthodontics

(650)871-5437    [www.chompertown.com](http://www.chompertown.com)

## After Trauma Care

When a tooth gets bumped, chipped, or goes through any form of trauma, we have to take extra care to prevent infection. After such an incident, the ligament holding the tooth becomes loose, creating an opportunity for bacteria to travel up the root and cause infection. To ensure the tooth stays healthy, we need to minimize bacteria and allow the ligament to tighten back around the tooth. Follow these recommendations:

- 1) **Great Oral Hygiene:** Encourage your child to brush 3 to 4 times a day for the next 2 weeks.
- 2) **Hydrogen Peroxide Rinse:** Have your child swish with a mixture of hydrogen peroxide and water (50%-50%) or use a prescription Peridex rinse for 30-60 seconds after each brushing. Warm salt water can also be used. If your child is too young to swish, gently swab the affected teeth's gum lines (front and back) with a Q-tip dipped in the rinse.
- 3) **Soft Diet for 2 Weeks:** Avoid biting into anything hard or crunchy during this time. Soft Food examples- Mashed Potatoes, Mac and Cheese, scrambled eggs, Jello, Yogurt, Pudding, Applesauce etc.

*Remember, we'll need to see your child more frequently over the next few months to monitor the tooth that was traumatized and ensure its ongoing health.*

**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, avoiding testing to see if tooth has tightened back up because that could cause tooth to become looser. Don't forget to keep on a soft diet for at least 2 weeks!

**To Keep Area Clean-** Use wet washcloth if not able to brush with toothbrush

**Tylenol Or Advil (Ibuprofen)-** As need for pain

