Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Children's visits, sealants and fluoride

Covers: Children's checkups and cleanings, sealants, fluoride, and children's fillings.

Before your visit

- A parent or legal guardian should come with your child.
- Talk about the visit in a positive, simple way. Avoid words like "shot," "hurt" or "pull."
- Your child may eat a light meal before the visit.
- Bring a list of your child's medicines and allergies, and tell us about any health changes.
- Brush your child's teeth before the visit.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

If your child was numbed

- Watch your child closely until the numbness wears off, usually within a few hours. Children often bite or chew their lip, cheek or tongue without realizing it.
- Give only soft foods and cool drinks until feeling returns.

Sealants

- Your child can eat and drink normally right away.
- Avoid ice, hard candy, taffy, caramels and similar sticky or hard foods that can chip a sealant.
- Keep brushing and flossing, including between the teeth — sealants do not protect those surfaces.

Stainless-steel crowns

- Watch your child until the numbness wears off so they do not chew the lip, cheek or tongue. Soft foods for the rest of the day.
- Avoid sticky candy and gum, which can loosen the crown. The gums around the crown may look red for a few days.
- The crown is on a baby tooth and will come out with that tooth when it is ready.

Fluoride

- Follow the instructions you were given about eating, drinking and brushing afterward. Soft foods are best for the rest of the day.

Comfort

- For soreness, give over-the-counter pain medicine only as directed by your dentist or pediatrician, using the dose for your child's age and weight. Never give aspirin to children.

At home

- Brush twice a day with fluoride toothpaste: a rice-grain-sized smear under age 3, a pea-sized amount from age 3. Help with brushing until your child can do it well.
- Floss once teeth touch, and limit sugary drinks and snacks between meals.

When to call us

Call us at (972) 290-0903 if you have:

- Your child has bitten their lip, cheek or tongue and it looks swollen or infected
- Fever, swelling or pain that gets worse
- A filling or sealant feels high or comes off

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

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