

### Care of the Mouth after Trauma

Please keep the traumatized area as clean as possible. A soft wash cloth often works well during healing to aid the process.

Watch for darkening of traumatized teeth. This could be an indication of a dying nerve (permanent teeth only).

If the swelling should occur, our office needs to see the patient as soon as possible. Ice can be administered during the first 24 hours to keep the swelling to a minimum.

Watch for infection (abscess) in the area of trauma. If infection is noticed - call the office so the patient can be seen as soon as possible.

Maintain a soft diet for two to three days and no biting with traumatized teeth for 8 weeks to allow time for healing.

Avoid sweets or foods that are extremely hot or cold.

If antibiotics or pain medicines are prescribed, be sure to follow the prescription as directed.

Please do not hesitate to call the office at (703) 754-1580 if there are any questions.

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