



Huwaran Dental Clinic

Pediatric Dentistry Aftercare Guide

Caring for Your Child's Smile After Their Dental Visit

- ✓ Encourage gentle brushing twice a day with a soft-bristled toothbrush.
 - ✓ Floss daily if recommended by your dentist.
 - ✓ Avoid hard or sticky foods for at least 24 hours after treatment.
 - ✓ If fluoride was applied, do not eat or drink for 30 minutes.
 - ✓ Give your child plenty of water to stay hydrated.
 - ✓ If your child received local anesthesia, monitor them to avoid accidentally biting their cheeks, lips, or tongue.
 - ✓ Use over-the-counter pain relief (paracetamol) if there's mild discomfort, following the correct dosage for your child's age.
 - ✓ Encourage calm playtime for the rest of the day.
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When to Contact Us:

- Prolonged discomfort or swelling
 - Bleeding that doesn't stop
 - Any questions or concerns
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Thank you for trusting Huwaran Dental Clinic — your smile is in good hands!  