

**RENEE COMMARATO, D.D.S., M.S., INC**  
Pediatric Dentistry  
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**MOUTH CARE AFTER TRAUMA**

1. **ORAL HYGIENE:** Clean the traumatized area by gently brushing today and thereafter, by more vigorous, normal brushing. Be certain to brush both in front of and behind the affected area. If unable to use a toothbrush, swab tooth with a wet Q-tip to get plaque away from gumline.
2. **PAIN:** If necessary, a medication such as Tylenol for children or Motrin for children, or other non-aspirin containing product can be taken.
3. **DIET:** Soft to normal diet as tolerated by your child. If pain is elicited with biting or chewing on the affected teeth, avoid using this area for a few days. Soft diet examples are (applesauce, yogurt, pancake, scrambled eggs, or milkshake).
4. **PROGNOSIS:** Discoloration of the injured tooth within one month of the trauma probably indicates that bleeding occurred within the tooth at the time of the injury. This may or may not lighten in time. This does not mean the nerve is necrotic (dead).

Any injury may result in necrosis (death) of the pulp (nerve) of the tooth. This can occur at any time and is more likely from severe injuries.

Signs of nerve death can include: PAIN, either spontaneous or upon chewing; DISCOLORATION of the tooth later than one month after the trauma, REDDENING, swelling or formation of a "pimple" on the gum above the injured tooth.