



General Anesthesia Post-Operative Instructions

What to expect

Waking from anesthesia: After your child's surgery you will be directed to the recovery room. Your child may not be alert at that time. Children tend to shiver as if they are cold, become agitated and cough as they begin coming out of anesthesia. This is a normal response to anesthesia.

IV Site: Your child will have a bandage at the IV site. This location is most often near the ankle but sometimes it is placed on the arm.

Appearance: Your child may have a bloody nose due to the tube that helps them breathe and blood in the mouth from restorative/extractions. If your child has extractions, we will not have them bite down on gauze at this time due to safety reasons. You will be given a towel/cotton to take home to help wipe their face and their nose as needed.

Diet recommendations

When you return home you may begin by introducing clear liquids such as water or juice to your child. It is important to keep your child well hydrated despite a potentially limited desire to eat solid foods. You should encourage soft foods, when tolerated. Suggested foods but not limited to:

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| • Mashed potatoes | • Ice cream | • Eggs |
| • Applesauce | • Popsicles | • Soup |
| • Yogurt | • Instant breakfast | • Plenty of fluids |
| • Baby food | • Cottage cheese | (especially water) |

Activity Limitations

Rest: Please monitor your child closely throughout the day following surgery. It is not uncommon for your child to want to sleep on the drive home and after you return home. Your child's chin should NOT be resting on their chest. Keeping your child's chin up will ensure an open airway allowing your child to breathe without restriction. We recommend you find a comfortable spot and relax for the remainder of the day.

Safety: Please assist your child in walking to the bathroom and up/down any stairs. Your child may be groggy following surgery and will require your help getting around. It is important to keep a close eye on them to prevent any tripping or falling.

Activities: We recommend you find a comfortable spot and relax for the remainder of the day. Do not allow your child to return to school and/or daycare or attend activities following the surgery. Do not allow your child to ride a bike or swim for the remainder of the day.



Swelling & pain management

Mild swelling and pain are normal occurrences following dental treatment in the operating room.

Your child may experience a sore nose and throat from the tube that helps them breathe while they are asleep as well as the throat pack required to complete the procedure safely. They may also experience pain associated with the dental restorations/extractions themselves. You may give your child Children's Motrin or Tylenol as directed by the manufacturer. This will help reduce the soreness, pain, and possible swelling following their dental treatment. Never administer a medication that your child is allergic to.

Oral Health Care

Daily Hygiene: The night of your child's dental treatment please brush gently or wipe the teeth and gums with a wet washcloth. It may be difficult to adequately clean your child teeth due to associated pain, however avoiding brushing will cause pain to worsen. A clean mouth ensures a quick recovery.

Local Anesthesia

If your child has local anesthetic (numbing), please watch your child closely to prevent them from sucking, pinching, or biting their lips, cheeks, and tongue. The numbness usually goes away within 1-2 hours.

Sealants/Fillings

Sensitivity: After placement of dental fillings your child's teeth may be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently restored teeth to require several weeks to feel "normal" again.

Care: Please brush and floss these teeth just as a healthy tooth without dental fillings. These fillings (including the teeth with crowns) can get new cavities around them if they are not well taken care of.

Stainless Steel Crowns and Space Maintainers

Sensitivity: Your child's gums may be especially sore as the crowns fit below the gums to ensure an adequate seal and fit your child's tooth.

Hygiene: You may notice black numbers on the outside of the crowns. These will brush away in 2-3 days with adequate brushing. The crowns should appear shiny, and you should be able to "see your reflection" like a mirror when they are clean.

What to do: The crown will fall out with the baby tooth when the new permanent/adult tooth erupts.

Avoid: It's important to avoid sticky foods (i.e.: fruit snacks/gummies, fruit roll-ups, Caramels, Tootsie Rolls, Starburst, etc..) to prevent the crown or space maintainers from being pulled off and leaving the exposed tooth prone to further decay or possible infection.



Anterior Strip Crowns

Sensitivity: Similar to stainless steel crowns, your child's gums may be especially sore as the crowns fit below the gumline. It is important to brush along the gums to limit inflammation or swelling of the gums from bacteria left on their teeth.

Avoid: Your child should avoid biting into hard foods (i.e. Apples, carrots, corn on the cobb) with their front teeth. Instead, we encourage you to cut these foods and chew with their back teeth. Biting hard foods with the front teeth put anterior strip crowns at risk of fracturing.

Extractions

Swelling: Swelling may occur after surgery. To minimize swelling, immediately after surgery place a towel-wrapped ice pack to the corresponding area of the skin/face. Apply the ice pack for 20 minutes on, then 20 minutes off. Repeat as needed.

Bleeding: Gauze will not be placed while your child is waking up from anesthesia. Your child will be sleepy, and this is a choking hazard. Gauze has been sent home with you in case it is needed. Bleeding is normal after this procedure and part of the healing process. Pink saliva is expected for 24-36 hours after surgery. Gauze is ONLY needed with PROFUSE bleeding.

DO NOT: place the gauze while your child is sleepy. If Gauze is needed, your child MUST be awake. Wet the gauze with water before placing it in your child's mouth. This is to minimize irritation to the extraction site. Failure to do so can cause prolonged bleeding. Apply firm pressure for 5-10 minutes and replace if needed. If these measures fail to stop what you consider to be profuse bleeding after 1 hour, then please call the office.

Things to do: Avoid spitting or drinking through a straw/ sippy cup for 24 hours

Continue: Eating foods as tolerated and keep area clean for faster healing

Your child may be requested to return for a post-operative appointment in two weeks. After this appointment your child is to continue having regular dentist check up with their dentist of record to maintain a healthy mouth. Thank you for your time and trust in us to provide care for your child.