



## Discharge and Homecare Instructions Following Your Child's OR Visit

Today your child had a dental procedure performed under general anesthesia.

It is normal for your child to experience any of the following:

- Grogginess or sleepiness for the first 24 hours
- Disorientation, crabbiness, or slight irritability/agitation
- Decreased/Increased appetite
- Nausea and intermittent vomiting
- *Slightly* elevated temperature for the first 24 hours (up to 101.5 °F)
- Slight swelling of lips, gums, or cheeks
- Sore throat or nose
- Slightly bloody nose

It is NOT normal for your child to experience any of the following:

- Temperature above 101.5 °F (\*That cannot be controlled with Tylenol or cool compress)
- Elevated temperature lasting longer than 24 hours
- Vomiting persisting beyond 5 hours
- Difficulty breathing
- **If any of these occur, contact the Hospital/Surgicenter where your child was seen for treatment immediately!**

### Car Ride Home

Because your child may still be slightly disoriented and/or groggy when being discharged from the hospital, we **STRONGLY** recommend that one adult accompany the child in the back seat to monitor his/her behavior and breathing on the car ride home. Make sure that your child's head is tilted up and back allowing his/her airway to be completely unobstructed.

### Follow Up Appointment

Your child will need to be seen for a follow up appointment in the office 7-10 days following his/her surgery.

### Helpful tips on caring for your child once he/she arrives home after surgery.

**\*Your child should remain under adult supervision for the remainder of the day\***

#### ❖ Eating & Drinking

- You will want to monitor your child's intake for the remainder of the day.
- It is best to start with water then move to clear juices, sport drinks, or popsicles. If tolerated well you can advance to foods such as Jell-O, yogurt, pudding, applesauce, and soup. As long as your child is doing well with introducing food back into his/her stomach, soft foods such as mashed potatoes, pasta, and eggs can be given as your child's hunger returns.
- If at any point your child begins to vomit, revert back to the last well tolerated food or drink he/she had. Slowly begin to advance forward again until your child is back to his/her normal diet.
- If your child is not hungry, it is not necessary to force him/her to eat, but encourage your child to have as much liquid as can be tolerated.

❖ Activity

- Your child's activity should be limited for the remainder of the day. Running, jumping, sports, and high levels of activity should be avoided. Normal activity can be resumed the following day.

❖ Pain Medicine

- Following your child's surgery, children's liquid Ibuprofen (Motrin) or acetaminophen (Tylenol) can be given as recommended on the bottle as needed for pain.

❖ Brushing

- As part of child's visit today, both a thorough cleaning and fluoride treatment were given. You do not need to brush your child's teeth tonight, but normal brushing should resume the following morning.
- It is normal for your child's mouth to be slightly sore during brushing for the first few days. However, it is extremely important to resume brushing soon after dental restorations were placed to help expedite the healing process.
- *DO NOT AVOID* areas that are bleeding. It is *NORMAL* to see some bleeding around the gums when brushing/flossing for up to 2 weeks after your child's dental surgery - especially in areas where your child may have received silver crowns.

❖ School/Daycare

- Your child should remain home from school/daycare for the remainder of the day. Your child may return to school/daycare the following day.

❖ Restrictions

○ *Crowns:*

- If your child had any crowns placed, he/she may complain of discomfort around the gum tissue. This usually resolves in 1-3 days. Even though these crowns are held on to the tooth with a very strong dental cement, giving sticky, chewy, or gummy foods to your child can cause the crowns to loosen and come off.
- If your child had any crowns placed on his/her front teeth, your child should avoid biting into anything hard using these teeth. (Ex. apples, carrots, pizza, bagels etc). These items may still be eaten but should be cut or broken into smaller pieces that can be chewed with the back teeth.

○ *Extractions:*

- You may notice some oozing from areas where extractions occurred. It is normal for oozing to occur for the first 24 hours.
- To avoid pieces of food getting lodged in the extraction site, do not give your child any foods that are very small or that can break into small pieces when eaten.
- Your child should NOT use straws or spit today. Using straws and spitting can cause the healing clot to be dislodged and cause prolonged bleeding.
- Gel Foam may have been placed in any extraction areas. This material is made from gelatin and will dissolve on its own in the mouth or stomach if swallowed. Try to avoid allowing your child to remove the foam. If foam falls out, do not try to replace it. Simply throw the foam away.

We would like to thank you again for allowing us to take care of your child and his/her dental needs.

If you have any concerns, please contact the office at (484) 334-2310.

