

POST OPERATIVE INSTRUCTIONS

- **Local Anesthetic** – If local anesthetic was used, it can result in your child’s mouth to be “numb” for approximately 2 – 4 hours. Watch them closely to see that your child does not bite, scratch or injure the cheek, lips or tongue. Some children become very upset (even crying) and complain of pain when they realize their mouth feels “different.” Please do not be alarmed! Many children are unfamiliar with this numb sensation and associate this with pain. Reassure your child that the “funny feeling” will go away in approximately 2 hours.
- **Dental Fillings** - After the placement of dental fillings (white or silver), teeth may often be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently filled teeth to require several weeks to feel “normal” again.
- **Stainless Steel Crowns** – Stainless steel crowns are shaped to fit the tooth, covering it completely to strengthen the tooth thereby allowing your child to maintain that tooth until it naturally falls out. The gum tissue surrounding the tooth may appear to be bleeding. This is normal! When preparing your child’s tooth for a crown, it is necessary to fit the crown closely to the gum tissue, resulting in some hemorrhaging and bruising of the tissue. Following placement of the crowns some parents will notice a purple or gray color around the gums; this is also normal and will subside over time.
- **Pulpotomy** - When your child receives a nerve treatment it is usually **not** necessary to prescribe any pain medication. Children that do experience discomfort usually do fine with Tylenol or Ibuprofen (follow directions on the bottle).
- **Dental Extractions** - After dental extractions your child will have gauze pressure packs placed to control normal bleeding from the site of the extraction. Most dental extractions are routine and it is unlikely that your child will need any pain medication or any antibiotics. Do not allow your child to suck from a straw or drink carbonated beverages for 48 hours – this may prolong bleeding due to disrupting the normal blood clotting process.
- **Nitrous Oxide – Oxygen** - “Laughing Gas” has a proven track record of being very safe, providing exceptional relief of anxiety with the only side effect being that of nausea but only in very rare instances.
- **Swelling and Pain** - Mild swelling and discomfort are normal occurrences following some dental procedures. Any significant swelling or moderate to severe pain needs the attention of the dental office so it can be properly managed.
- **Diet and Other Limitations** - After dental treatment, especially dental extractions, your child’s diet should initially consist of soft foods (jello, pudding, smoothies) and clear non-carbonated beverages (water, juice, Gatorade). Avoid eating crunchy or sticky foods.

POST SEDATION INSTRUCTIONS

Your child will need to be watched closely for the next several hours.

Although your child is now awake and ready to go home, some of the side effects of the sedation/anesthesia may last for several hours.

Diet

Some children may have nausea or may vomit once or twice.

Your child may have clear liquids (e.g., apple juice, Pedialyte, Gatorade, popsicles, water) or breast milk for the first hour following the procedure.

If vomiting occurs, wait 30 minutes; then offer small sips (1 to 2 oz.) of clear liquids. If your child continues to vomit please call us.

If your child is able to take clear liquids and not vomit, slowly start him or her on soft foods (e.g.,

applesauce, soups, milk, yogurt, rice, mashed potatoes, eggs).

If your child is able to eat soft foods and not vomit, advance to a regular diet for your child's age.

Local Anesthetic was used during your child's dental treatment. As a result their mouth will be "numb" for approximately 2 – 4 hours. Watch them closely to see that your child does not bite, scratch or injure the cheek, lips or tongue. Some children become very upset (even crying) and complain of pain when they realize their mouth feels "different." Please do not be alarmed! Many children are unfamiliar with this numb sensation and associate this with pain. Reassure your child that the "funny feeling" will go away in approximately 2 hours.

Activity

Your child may be sleepy, dizzy, or less alert for the next few hours.

It is important to keep your child's airway open (i.e., to make sure that his/her breathing tube is not blocked). You can help by positioning your child so that their chin is off their chest, especially in the car seat.

DO NOT let your child crawl or walk alone until the sedation/anesthesia has worn off (at least 4 to 6 hours).

DO NOT let your child do activities that require good coordination or concentration such as bike riding, skate boarding, skating, or driving for the rest of the day.

Your child may be sleepy after returning home.

Check your child frequently to make sure he or she is breathing easily and has not vomited. Place your child on his or her side during sleep. Your child may be fussy or very active (hyperactive) after waking up. If you have any questions or concerns within the next 24 hours, please call us.

FOR EMERGENCY SITUATIONS SUCH AS:

• **Trouble breathing** • **Gray or bluish skin colour** • **Unable to wake child** **PLEASE CALL 911 IMMEDIATELY!**