



GOING HOME AFTER PEDIATRIC DENTAL SURGERY



YOUR CHILD'S DENTAL WORK

Your child has had:

- Crowns
- Fillings
- Teeth removed



If your child has stitches they will dissolve in a few days on their own.

WHAT TO EXPECT

After your child's surgery:

- Your child's face may be quite swollen. This is normal and the swelling should go down in 1-2 hours.
- If your child has had teeth removed, it is common to have a small amount of bleeding for a day or so.
- As well, for one or two days, your child may have:
 - A sore throat, hoarse voice and/or a barking cough. This is from the tube put in the throat while your child was asleep.
 - Aching muscles, like the flu. This is from lying in one position while asleep.

BEFORE GOING HOME YOUR CHILD SHOULD BE:

- Drinking fluids without vomiting
- Passing urine
- Up walking (if appropriate for age)

WHAT TO DO

1. Keep your child's mouth clean:

- Gently brush the teeth or swab the mouth with a clean damp washcloth.
- For older children, have your child rinse the mouth with warm water (add 1 tsp. of salt to 1 cup of warm water and stir).
- Try to keep your child's hands out of the mouth.

2. If there is bleeding from where the teeth have been removed:

- Have your child, if old enough, bite down on a small clean cloth or gauze for 10-15 minutes.
- For a younger child, press down in the place that is bleeding.
- If bleeding does not stop after 15 minutes of constant pressure, bring your child to the hospital.

3. If your child has a sore throat or barking cough, give warm fluids to drink. Use a cool air humidifier in the room.

MEDICINE

Give your child acetaminophen (Tempra or Tylenol) if there is any pain. Follow the instructions on the bottle for the amount to give. Other medicine may be given under the advice of your doctor.

DIET

If your child has had teeth removed, the diet should be mainly clear fluids for the first day. Then, for the next two or three days, soft, bland foods such as puddings, scrambled eggs, soups, applesauce, bananas etc. are often best. Most children will choose foods that do not cause pain.

If your child's stomach is upset, clear fluids are best. These include apple juice, flat 7-up, Jell-O or clear soup. Give them in small amounts and often. If your child vomits, do not be surprised if you see old blood that has been swallowed.

ACTIVITY

The general anaesthetic, which your child has had, will have some effect for about 24 hours. For that time, it is important that you:

- Watch your child closely
- Keep your child in the house occupied with quiet activities such as reading or watching television.
- Do not allow your child to participate in activities that require balance and coordination such as running up and down stairs, climbing or riding a bicycle.

A NOTE ON HOW TO PREVENT TOOTH DECAY

One of the main causes of tooth decay in young children is bottle feeding for too long. Bottle feeding is especially harmful for the teeth when a baby falls asleep while feeding. Milk, formula and juice are all harmful.

Doctors and dentists recommend to STOP BOTTLE FEEDING AT APPROXIMATELY ONE YEAR.

Brush or swab your child's teeth with a clean, damp washcloth once a day, as soon as your baby's teeth start to come in.



GOING HOME AFTER HAVING DENTAL WORK DONE UNDER A GENERAL ANAESTHETIC

FOLLOW UP

YOUR APPOINTMENT WITH DR. _____

HAS BEEN MADE FOR YOU ON _____

PLEASE MAKE YOUR OWN APPOINTMENT IN _____ WITH DR. _____ AT _____

NO FOLLOW-UP APPOINTMENT IS NECESSARY



IF YOU HAVE ANY QUESTIONS OR CONCERNS CALL:

- HEALTH LINKS-INFO SANTE
- AFTER HOURS AT 788-8200 (TOLL FREE AT 1-888-315-9257)
- YOUR DENTIST AT _____

If you feel the situation is urgent and you cannot contact your dentist, proceed to Children's Hospital Emergency Department.