

Discharge instructions after Dental Surgery

Getting home after the appointment:

We prefer that 2 adults accompany the child home in case the child needs assistance during the transport. Public transportation is not acceptable. We also recommend a plastic bag for the ride home in the case of any nausea or vomiting following surgery.

Drinking and eating after getting home:

To assist your child in a speedy recovery, it is important for your child to be well-hydrated after treatment. The first drink should be plain water then clear sweet drinks can be given. Things like clear juices, or Gatorade. **Warm soft food may be taken when desired and in small portions** such as Jell-o, pudding, soup, mashed potatoes or ice cream. Do not encourage eating too soon because your child's stomach may be upset. **If your child sleeps for a few hours wake them up to give liquids to avoid dehydration.** Nausea and vomiting are common after surgery. If vomiting persists, contact the dentist or anesthesiologist.

Numbness of the mouth; bleeding nose; Persistent Cough:

Your child's cheeks, lips and tongue may be numb after treatment. Please watch your child carefully for several hours to make sure she/he does not bite the cheeks, lips or tongue. The anesthetic gas used is very dry and sometimes irritating. This may cause hoarseness or a croupy cough. Either of these conditions should pass within the first day.

Bleeding nose: slow oozing oral or nasal:

Expected up to one hour after surgery. Can apply direct pressure (pinch nose) for 5 minutes. If bleeding becomes bright red, brisk, or is not slowing down after one hour seek emergency medical treatment.

Pain Management afterwards:

Children's Acetaminophen (e.g. Tylenol) or Ibuprofen (e.g. Advil or Motrin) every 6-8 hours will help alleviate discomfort and sore gums. Occasional post-operative fever may be managed with Tylenol.

Dental Care after treatment:

- If your child received any stainless steel crowns his/her gums will be especially sore, because they fit below the gums. These crowns will fall out with the baby tooth when the permanent/adult tooth comes in.
- If your child has had crowns or space maintainers placed, please do not allow gum, sticky candy/gummy or ice chewing to prevent displacing or distorting them.
- Post tooth removal bleeding can be controlled by biting (not chewing) firmly on gauze pads placed over the extraction site for at least twenty minutes.

We recommend an appointment for a post-operative visit two weeks after surgery.