

POST-OP CARE: PEDIATRIC

TOOTH EXTRACTION

- Bite on gauze for 30 minutes; replace after 30 minutes if bleeding continues. Expect some oozing to occur for up to 24 hours. Tea bags wet with warm water can help control continued bleeding at home.
- Avoid frequent spitting. Swallow normally.
- Avoid sucking beverages through a straw or chewing for the next 24 hours.
- Do not put fingers or toys in mouth.
- Eat soft foods for the next 24 hours (soup, shake, Jell-O, yogurt, mashed potatoes, or eggs). No hard, solid foods such as popcorn, chips, peanuts, carrots, etc.
- Avoid carbonated beverages, hot foods, and drinks for the rest of the day.
- Tomorrow, make a saltwater rinse with 1 cup of warm water and 1 teaspoon of salt.
- Have the patient rinse mouth 3-4x a day, especially after meals. This promotes healing.
- Some discomfort and swelling may be expected following an extraction. Motrin and Tylenol should be taken soon after the extraction as directed per the child's weight. This allows the medicine to be in effect once the numb area wakes up.

LOCAL ANESTHESIA

- Area will be numb for at least 1 1/2 to 2 1/2 hours after dental procedure.
- Younger patients tend to relate "numb" feeling as pain. Reassure your child that their lip/tooth will return to normal feeling soon & it may feel "fat" but does not look fat. Monitor child to ensure no biting or sucking of lip. You may dispense whatever medicine you give for headaches, either Tylenol or Motrin, as soon as you can. This will allow the medicine to take effect and smooth the transition from numb to awake areas. It will seem prickly when it returns to normal.
- Soft diet is recommended until area is awake. If child is hungry while the area is still numb, he/she can eat yogurt, Jell-O, shake, soup, or ice cream.
- Should your child bite his/her lip: start a soft diet for 3-5 days. Clean the area with warm salt water (1 Tbs. & 1 cup warm water mixed together) 3x a day for 5-7 days, especially after meals. Child can either swish and spit saline mixture or apply it with a cotton ball or Q-tip. This is not pretty and will look raised with a whitish/yellow color. This is normal. It will heal within a week, but you must be careful of re-injury. Do not use a topical anesthetic gel such as Orabase or Ambesol. It may make it feel better but can lead to re-injury.

PRE-MED

Versed is used to sedate a person who is having dental work or other medical procedures to alleviate anxiety. Versed is a short-acting benzodiazepine: The rapid onset, short duration, and retrograde amnesia are major reasons Versed is considered a safe pre-procedure medication for children.

We aim to give your child the best pre-med experience. However, sometimes unexpected reactions involved with Versed (pre-med) can include, but are not limited to:

- Nausea and vomiting
- Unexpected allergic reaction
- Disorientation, confusion, or drowsiness after treatment
- Headache
- Falls caused by instability post-ingestion
- Agitation
- Uncontrollable crying or verbalization



POST-OP CARE: PEDIATRIC (CONT.)

Instructions for You and Your Child AFTER Anesthesia

DISCHARGE

Your child will be awake but sleepy at the time of discharge from the office. A responsible adult should accompany your child home and stay with the patient for the remainder of the day.

DRIVING HOME

On the way home, your child may fall asleep. Closely observe your child and gently wake him/her when you get home.

AT HOME

Allow your child to rest in a bed or recliner. Moving around for the first few hours is helpful to avoid nausea.

EATING AND DRINKING

After awakening, allow your child to have liquids. After about an hour, if there is no nausea or vomiting, your child may have firmer food.

NAUSEA

Nausea is a common side effect after anesthesia. Nausea or vomiting is usually temporary, but if it persists for more than a few hours, please contact us.

PAIN

There may be some pain after the dental treatment. The pain medicine recommended or prescribed by the operating surgeon should be taken as directed.

PROBLEMS!

If your child is having any problems, please do not hesitate to contact us at (205) 900-WISE.