

# POST OPERATIVE INFORMATION SHEET

**DIET:** The dental restorations will be "ready to use" after discharge, but remember your child will be numb for approximately 2 to 3 hours after the surgery. However, even though they can eat please limit the food to a soft comfort food diet, i.e., soup, mashed potatoes, pasta, etc. Also, children who are numb may accidentally bite their lips, tongue and/or cheek. Please watch your children to ensure that this does not occur. Always avoid sticky candies if your child received any crowns as the candy can pull the crowns off the teeth. If a crown is lost please call the office as soon as possible so that it can be replaced. If a crown is left off a painful infection can develop.

**BRUSHING AND FLOSSING:** It is important for your child to keep their gums and teeth clean during and after healing. Some bleeding and tenderness during brushing is expected for the first 3-5 days after surgery. This can be reduced and healing promoted by using light gentle strokes to cleanse the gums and teeth. Today you may use cool water rinses (or sips) to keep the mouth clean. Tomorrow resume brushing the teeth and gums, and on the third day start flossing the teeth. Fluoride rinses, i.e., act fluoride rinse, are strongly recommended from now on. This product is very inexpensive and may be purchased anywhere that mouth rinse is sold. After brushing, swish and spit, then don't eat or drink for 30 minutes.

**PAIN:** Although some discomfort may be expected, most children do remarkably well upon discharge. Jaw or joint soreness may be expected for 1-2 days post-surgery. Most discomfort that your child may experience can be well controlled with Children's Motrin. Occasionally the doctor will prescribe something else for pain control, please use this medication as needed and as prescribed.

**NUMBNESS:** the doctor always uses a local anesthetic to numb the area that has been treated. This helps minimize post-operative discomfort. This is a very unusual and scary feeling for children who have never been numb before. Therefore please reassure them that their teeth are "just sleeping and they will wake up". The numbness will last for about 2-3 hours post-surgery. This is the time to pay special attention to ensure that your child does not bite or suck on their lips, cheek or tongue.

**BLEEDING:** If extractions were done, then oozing may occur for the first night. Please place an old towel on the child's pillow and have them sleep in an older pair of pajamas when they are sleeping or resting to prevent staining furniture or clothing.

**SWELLING:** Some swelling may occur. Use ice for the first 24 hours after surgery to reduce any swelling. If there is swelling tomorrow, use a warm washcloth on the area.

**FOLLOW-UP:** No follow-up visit is necessary unless otherwise indicated by Dr. Hulse. Most children will return to their normal diet and activities within 24 hours. We encourage prevention of dental disease by regular examination and cleaning, therefore your dental office will be contacting you when it is time to schedule your child's 6 month cleaning. Please contact your office if there is any change in your address or phone number to help maintain accurate records.

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