



# Hospital Post-Operative Instructions

Child's name: \_\_\_\_\_

Date: \_\_\_\_\_

## What to expect within the first few hours.

After the procedure, your child will respond as if they are sick. They will have a sore throat, at times with a cough. They may be a bit disoriented due to medications given during the surgery. They often cry. A slight fever, nausea and vomiting, a bloody nose, and discomfort around the teeth are normal. They may be sore or numb. Children are often tired afterwards and need rest.

## What we did for your child today (only checked procedures apply):

<input type="checkbox"/> Exam	<input type="checkbox"/> Fillings
<input type="checkbox"/> Radiographs	<input type="checkbox"/> Crowns
<input type="checkbox"/> Cleaning	<input type="checkbox"/> Pulpotomies (baby root canals)
<input type="checkbox"/> Fluoride varnish	<input type="checkbox"/> Extraction(s)
<input type="checkbox"/> Sealants	<input type="checkbox"/> Space Maintainer(s)

## What you can do:

- Diet.** Start slowly. Your child not be very hungry for the next 24 hours. For the first few hours and throughout the day, give lots of fluids such as water, juice and broth. After a couple hours, start with foods you would eat if you felt sick such as crackers, bananas, rice, apple sauce or toast. Fatty foods or heavy meats may increase the risk of vomiting. By tomorrow, your child is free to eat normally, but may not feel like it. If your child's treatment included multiple crowns or extractions, soft foods, for a few days, are a good choice.
- Nausea/vomiting.** Nausea and vomiting after general anesthesia are not unusual. Mild nausea or vomiting is ok. If there is repeated or prolonged vomiting for several hours, please contact us.
- Pain or discomfort.** Your child may have mild to moderate pain. Your child has already been given pain medication through the IV. At home, you need to use children's ibuprofen (Motrin or Advil) and/or acetaminophen (Tylenol) as needed for pain. Some soreness for 7-10 days is not unusual. Use as directed on the medication, but both may be used together if needed. Usually, ibuprofen alone is enough if used regularly.



4. **Fever.** It is not unusual for your child to run a slight fever after general anesthesia. However, if your child has a fever of above 101° F and you cannot bring it down with acetaminophen or ibuprofen, you need to seek **immediate** care.
5. **Cleaning the teeth.** *Prevention of problems is the key.* You must clean the teeth with a toothbrush and floss starting today. It is normal to have some redness around crowns or fillings. This may turn white or gray. Just like having a cut from any other surgery, you want to keep this clean or it will lead to infection. With a soft toothbrush, clean food and plaque from the gum line using a gentle circular motion around all the teeth three times per day. Without appropriate cleaning, the gums will quickly become purple and swollen.
6. **Activity.** **NO SCHOOL TOMORROW!** Going to school the day after tomorrow is fine. Your child may want to sleep a lot over the next 24 hours: this is normal. Your child should not be allowed to play actively without direct supervision for the next 24-48 hours. The medications used during surgery will affect your child's judgment. Use wisdom in the choice of activities. A few activities to **avoid** would be swimming, video games, biking (anything with wheels), climbing, etc.
7. **Follow-up appointment.** You will need an appointment to have the dentist check your child's bite and guide you in the healing process. We will also be able to better direct you should your child need other care. Our Hospital Coordinator will call you within a few days to schedule your child's follow-up appointment. You may also call (920) 965-0831 to make the appointment.
8. **Contact information.** If you become concerned about something during your child's recovery period, you may contact your dentist (info below). You may also call the clinic at (920) 965-0831 to get a sooner follow-up appointment.
9. **Emergency.** If you feel your child is having an emergency, seek care in a nearby emergency room.

We are thankful to have been able to help your child. We hope that we have helped to make a change in the way you approach dental health. Please, continue to work toward good home care and an appropriate diet to help your child stay healthy!

*The OHP Team*

Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_