

## PEDIATRIC POST-OPERATIVE INSTRUCTIONS

Please follow the instructions below. Contact us or your pediatric dentist with any questions or if unusual symptoms develop.

**Numbness:** The mouth will be numb approximately 2-4 hours and sometimes longer if a longer acting local anesthetic was used. Watch to see that your child does not scratch or injure the cheek, lips, or tongue during this time.

**Bleeding:** Bleeding was controlled before we discharged your child, but there may still be slight bleeding. Hold gauze with firm pressure against the surgical site until oozing has stopped. You may need to change the gauze or repeat this step. If bleeding continues for more than 2-4 hours, contact your pediatric dentist.

**Daily Activities:** Today, avoid physical exercise and exertion. Return to normal activities tomorrow or as tolerated. Quiet activities, such as reading books, doing puzzles, or watching TV for the remainder of the day are recommended.

**Diet:** Encourage your child to drink fluids to help avoid dehydration. Cold soft foods (popsicles, JELL-O®, Carnation Breakfast Essentials®, pudding, and yogurt) are ideal the first day. Do NOT use straws if the patient had extractions.

**Oral Hygiene:** Keeping the mouth clean is essential. Today, teeth may be brushed and flossed gently, but avoid stimulating the surgical site. Soreness and swelling may not permit vigorous brushing or all areas, but please make every effort to clean the teeth within the bounds of comfort.

**Pain:** Because some discomfort is expected, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin® and Advil®) before the numbness wears off. Follow the instructions on the bottle for dosing based upon your child's age/weight. If pain is not relieved by one of these medications, a prescription may be needed. Take prescription pain medication with a small amount of food to avoid nausea.

### WATCH FOR:

**Swelling:** Slight swelling and inflammation may occur for the next 2 days. If swelling occurs, ice packs may be used for the first 24 hours (10 minutes on, then 10 minutes off) to decrease swelling and/or bruising. If swelling persists after 24 hours, warm/moist compresses (10 minutes on then 10 minutes off) may help. If swelling occurs after 48 hours, call your pediatric dentist.

**Fever:** A slight fever (temperature of 100.5 degrees Fahrenheit) is not uncommon the first 48 hours after surgery. If a higher fever develops or the fever persists, call your pediatric dentist.

### FOLLOW-UP INSTRUCTIONS

- All instructions have been given to you by your physician and nurse. If you have any questions about these instructions, please call your physician's office.
- Call to schedule a follow-up appointment with

**NOTE TO PATIENT'S ESCORT:** If the patient has received out-patient general anesthesia, it is MOST important that you, the escort, watch the patient carefully for a minimum of 24 hours after leaving the facility. He or she should not be allowed to drive or even walk around unescorted because reaction times can be slowed after general anesthesia.

The above discharge instructions have been verbally reviewed with the patient and escort. I have complete understanding of all home care instructions and medications: \_\_\_\_\_

\_\_\_\_\_  
Patient's or Legal Representative's Signature Date: \_\_\_\_\_

\_\_\_\_\_  
Witness' Signature (Nurse's Signature) Date: \_\_\_\_\_