

# **Victoria Pediatric Dental Clinic- Dr.Anita Gadzinska-Myers FRCD(C)**

## **Post Operative Instructions after Full Mouth Dental Rehabilitation in the Operating Room with General Anesthesia**

The following information is provided to aid you and your child after he/she has had dental restorations in the operating room under General Anesthesia. Checked areas indicate specific treatment(s) rendered on your child.

- Local Anesthetic - Local Anesthetic is generally not needed for dental treatment in patients who are under general anesthesia. If Local Anesthetic was used make sure to monitor your child closely for several hours to make sure they do not bite, scratch or injure the cheek, lips or tongue.
- Dental Fillings - After the placement of dental fillings (white or silver), teeth may often be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently filled teeth to require several weeks to feel "normal" again.
- Stainless Steel/White Crowns - Your child's teeth have been covered with a crown which has been shaped to fit the tooth, cover it completely and strengthen the tooth thereby allowing your child to maintain that tooth until it naturally falls out. The gum tissue surrounding the tooth may appear to be bleeding. This is normal! When preparing your child's tooth for a crown, it is necessary to fit the crown closely to the gum tissue, resulting in some hemorrhaging and bruising of the tissue. Following placement of the crowns some parents will notice a purple or grey colour around the gums; this is also normal and will subside over time. Call our office as soon as possible should any of the crows fall out, so they can be re-cemented before the space around the tooth is lost.
- Dental Extractions - After dental extractions your child will have gauze pressure packs placed to control normal bleeding from the site of the extraction. Most dental extractions are routine and it is unlikely that your child will need any pain medication or any antibiotics. Do not allow your child to suck from a straw or drink carbonated beverages for 48 hours – this may prolong bleeding due to disrupting the normal blood clotting process.
- Swelling and Pain - Mild swelling and discomfort are normal occurrences following dental restorations in the operating room. The dental restoration procedure while under General Anesthesia requires that a safety throat pack be placed; this will lead to your child having a very sore tongue and throat. Taking Advil and Tylenol as directed by the manufacturer's instructions is recommended to control the pain. Never administer a medication to your child that they are allergic to.
- Activity Limitations - Your child will probably be sleepy or acting groggy today due to receiving a sedative. Don't be surprised if your child wants to take a nap for several hours, just make sure your child rests on his/her side and is closely monitored by an adult for the rest of the day. Activities should be limited to watching TV, playing quietly with toys inside and resting.
- Diet - Your child's diet should initially consist of clear non-carbonated liquids (water, juice, Gatorade); followed by clear soft foods (jello, popsicles, etc...). Avoid eating crunchy or sticky foods and move to a more routine diet as your child directs. Your child may experience some nausea. If so, please allow only sips of clear liquids followed by softer foods. Please do not give heavy foods (like hamburgers or pizza) to start with.
- Oral Care - Brush/floss your child's teeth as usual. It will help the gums heal faster. Avoid brushing the extraction sites for 3 days
- Questions/Concerns - If you have any concerns regarding your child's health, contact Dr.Myers right away.