

## **POST-OPERATIVE INSTRUCTIONS TO PARENTS – PEDIATRIC DENTAL SURGERY**

### **1) EXPECTATIONS**

- The Nursing Team is experienced and is there to help your child. Please follow their instructions and ask them any questions that you may have.
- You should expect your child to be disoriented and unhappy IMMEDIATELY after anesthesia. Crying is normal at this time.

### **2) DIET**

- When you leave the hospital, your child should drink clear fluids to start (e.g.: apple juice, water, and popsicles).
- If your child is tolerating fluids (not vomiting), soft foods are recommended (e.g.: rice, noodles, eggs, soup).

### **3) DISCOMFORT**

- For pain, fever, or swelling use products that are IBUPROFEN based (e.g.: children's ibuprofen, Advil, or Motrin). Please follow the directions on the package or bottle carefully.
- If a prescription drug has been recommended, follow the prescription instructions carefully.

### **4) BLEEDING**

- If teeth have been removed, expect that there will be a small amount of oozing from the mouth for several hours. Some swelling may also occur; ice packs and/or ibuprofen will help maintain comfort and reduce swelling.

### **5) TRAVEL**

- Children have a tendency to fall asleep in their car seat when travelling. During the ride home, ENSURE THAT YOUR CHILD'S NECK IS SUPPORTED such that their head is not allowed to fall forward, as this CAN AFFECT THEIR ABILITY TO BREATHE.
- Children should have their head elevated when resting at home. This reduces the risk of choking if the child vomits.

### **6) POST-OPERATIVE CARE**

- On the day of surgery do not worry about cleaning your child's teeth. This can begin the next day.
- After general anesthesia, children may not have complete coordination for several hours, therefore, avoid complex movement activities (eg: stairs, bicycles, trampoline) until the day following surgery.
- On the day of surgery, keep your child indoors and resting quietly when you return home.

**If you have any post-operative concerns, please call Dr. Farquhar's office (250) 763 5101, or cell (250) 212 3667, or your family doctor's office.**