

Dental Surgery Post-Op Instructions

What was done?

Your child had the following treatment performed today:

- _____ Exam, radiographs (x-rays), cleaning, and fluoride
- _____ Crowns (White or Steel)
- _____ Tooth nerve treatments
- _____ Fillings
- _____ Extractions with local anesthetic
- _____ Other _____

Usually children won't remember a great deal about their surgery, so remind them how well they did.

Generally, the silver caps feel too big and too tight the first week. That feeling will disappear as the bite settles and the child gets used to them.

Sometimes, it is necessary to trim the gingiva (gums) around the front teeth to place beautiful white crowns. Healing will include a little bit of bleeding, followed by a whitish look (like a wet scab), and then pink and healthy. The cleaner you keep the gums, the faster they heal. Start with a wet washcloth and your finger, and move up to normal brushing within a day or two.

Extractions often have a dissolving Band-Aid placed in the socket to minimize bleeding. If it comes out, that's fine, if your child swallows it, that's OK, too. Normally it just melts away and the gum grows over the hole.

What can I expect today and tomorrow?

Usually children don't feel well the first day... it is like they are recovering from the flu.

Possible symptoms include nausea, fever, sore throat, nose bleeds (from the breathing tube), puffy lips, crankiness and/or sleepiness today. Tomorrow should be MUCH better!

Usually your child is given some pain medication while asleep. You may go ahead and give them a dose of Children's Motrin or Tylenol, when you get home, and then again at bedtime. See if they need it tomorrow. Sometimes the dentist will give you a stronger prescription.

After the first day or two, children usually start eating, sleeping and growing better, because their teeth don't hurt anymore!

What can I feed my child?

Start with something clear: water, Popsicles, or jello. If that goes down OK, try something soft (noodles, rice, applesauce, milk, pancakes, bread, etc.). If they're still hungry... keep going. Heavy, rich foods like burgers, fries and ice cream are probably not a good idea today. Tomorrow they can eat everything.

If your child is not interested in eating today, that's OK; tomorrow should go better. Try to focus on liquids until then.

When should I worry? Please call, if:

- your child continues to throw up or refuses to eat/drink by the next day.
- your child develops facial swelling and is complaining of pain in one particular spot.
- anything unusual occurs, that arouses your concern.

Normal post-op appointments are back at the dental clinic in 1-2 weeks.