



Post-Operative Hospital Instructions

It is important for your child's safety that you follow these instructions carefully. Failure to follow instructions could result in unnecessary complications.

- Ideally, one adult should drive your child home and a second responsible adult should be available to take care of your child while driving home. Your child should be closely watched for signs of breathing difficulty and carefully secured in a car seat or seat belt during transportation. Do not let your child sleep with his or her chin bent forward toward their chest.
- Once you are home, your child may be tired for some time and may want to sleep. Closely supervise any activity for the remainder of the day. It will take several hours for him or her to return to normal.
- Mild nausea and fever are common, but if your child has prolonged nausea, vomiting, or diarrhea, or if your child has a high, prolonged fever that does not respond (go down) after you give your child Children's Tylenol, call our office or go to the emergency room.
- If your child had teeth removed, a small amount of bleeding is normal. Do not let your child spit forcefully, as this will cause more bleeding. In order to not disturb the blood clot, do not use a straw to drink for the first 24 hours.
- Your child may complain of a sore throat or nose. This is due to the tube that helped your child breathe while asleep. This will go away in 2-4 days and best treated with Children's Tylenol or Children's Motrin. You may also have some slight bleeding around the nose from the tube which is normal and will subside in 1-3 days.
- To ensure the longevity of your child's dental restorations, please do not allow him or her to have any sticky or chewy foods, such as: caramel, gummy bears, suckers, or gum as the crowns and fillings may come off. If your child had any dental work done on his or her front teeth, be very cautious on what they are biting into, no hard foods where they have to "bite and tug". Some foods may need to be cut into smaller pieces so that biting is no longer needed.
- Bleeding around crowns is normal for the first 5-7 days after the hospital appointment. Continue proper brushing and flossing to heal these areas. Pain and irritation may occur. This is normal and can be best treated by giving your child Children's Tylenol or Children's Motrin as the instructions on the bottle indicate.

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- If any fillings or crowns are lost, broke, or fall off, please contact our office to schedule an appointment to have it re-cemented or replaced. If any crowns or space maintainers are off, you must bring it with you to this appointment.
- If your child had any tooth-colored fillings or crowns on his or her front teeth, there may be a discolored blackness at the gum line around those teeth. This is due to a medicine used to control and stop the bleeding from the gums. This discoloration will go away in 3-5 days with proper brushing.
- Most of the time we apply a gel-like fluoride varnish to the teeth after the dental treatment is completed. This can help strengthen the teeth and prevent future dental problems. The fluoride may stay on the teeth through eating the rest of the day and will remain on night as well.
- PLEASE resume brushing and flossing tomorrow morning. It is important to brush at least twice per day and to floss every night in order to assist in healing of the gums and maintain good oral health.
- If you have any questions, please do not hesitate to call our office at (315)681-6818.