



## Post Operative Care Following General Anesthesia

Now that your child's surgery is over, we have included these guidelines to make the recovery period easier for you and more comfortable for your child.

1. Liquids or very soft diet until tomorrow. Preferably cool and bland (yogurt, soup, milkshakes, scrambled eggs); a mouthful at a time to ensure that your child will keep the food down and to avoid damaging newly placed fillings or crowns.
2. Nausea and vomiting are not uncommon after surgery. If vomiting persists contact your doctor, dentist, or anaesthetist. Gravol suppositories work very nicely for persistent vomiting.
3. Rest: no strenuous activity or tough play for the first day following surgery.
4. Discomfort or crankiness can be controlled with Tylenol (Tempra). This is much preferred over aspirin as it does not prolong bleeding time and upset the child's stomach.
5. Occasionally children develop a slight fever following general anesthesia. Tylenol will help here also.
6. The anesthetic gases used are very dry and sometimes irritating. This may cause hoarseness or a croupy cough. Either of these conditions should pass within the first day. If it does not, contact your doctor.
7. If your child has had extractions or other oral surgery:
  - a) No brushing or flossing until tomorrow.
  - b) No spitting, drinking through a straw, or rinsing the mouth until the following day.
  - c) Tylenol should be quite adequate for most pain relief unless your doctor has specifically prescribed a strong medication.
  - d) Any bleeding can be controlled by biting (not chewing) firmly on gauze pads placed over the surgery site for at least twenty minutes. It is the pressure that stops the bleeding.
  - e) Liquid to very soft diet for the remainder of day to allow proper healing, especially if sutures have been placed.
  - f) Teeth and gums must be cleaned after each meal starting tomorrow.
8. If your child has had crowns or space maintainers placed PLEASE NO toffee, gum, licorice or ice chewing to avoid displacing or distorting them.
9. Please make an appointment for a post operative visit within the next couple of weeks. We must be certain that all tissues are healing properly.

If you are concerned in any way about your child's condition following surgery do not hesitate to call your dentist and/or physician.

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