



"Your Child's Care is Our Focus!"

Post Operative Care Following a General Anesthetic

1. Liquids or a very soft bland diet until tomorrow such as yogurt, soup, milkshakes or scrambled eggs is recommended.
2. Nausea and vomiting can be common after surgery. You can give your child *Gravol* suppositories to treat the nausea and vomiting. However if the vomiting persists please contact your physician or dentist.
3. Your child will likely be sleepy and should rest for the first day following surgery. Please do not have your child participate in strenuous activities or rough play.
4. If your child is experiencing any discomfort you can give *Tylenol*. This discomfort can be related to mouth soreness, a sore throat, a slight fever or even muscle aches. If the fever persists please contact your physician or dentist.
5. If your child has had crowns and or spacers placed, please do not give your child sticky candies (toffee, licorice, etc) or chewing gum as the crowns or spacers may become displaced or distorted.
6. If your child has had an extraction or other oral surgery:
 - a. No brushing or flossing until tomorrow. Teeth and gums must be cleaned after each meal starting tomorrow.
 - b. Please have your child avoid spitting, drinking through a straw or rinsing the mouth until the following day.
 - c. The stitches or sutures that are placed will dissolve on their own.
 - d. The *Gelfoam* that is placed within the socket will dissolve on its own and helps with the initial formation of the blood clot.
 - e. Any bleeding or oozing can be controlled with firm pressure, such as biting on gauze or even a tea bag for about 20 minutes.
 - f. If your child is able to spit, sometimes a gentle gargle or rinse with saltwater is soothing but should not be started until tomorrow. Mix 1 teaspoon of salt with 1 cup of warm water.
7. Please begin brushing and flossing your child's teeth and gums tomorrow.
8. You may notice a film on your child's teeth. This is the topical fluoride varnish we placed on the teeth; it will rub off naturally over the next few hours.
9. If you are concerned in any way about your child's condition following surgery do not hesitate to contact your physician or dentist.
10. Dr. Gartner's contact information is as follows:
 - a. Mobile = 604-218-9401
 - b. Home = 604-422-8040

Dr. Anita B Gartner Inc. *Certified Specialist in Pediatric Dentistry*