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### **Post-operative Instructions for General Anesthesia**

1. Please **monitor your child** throughout the day following surgery. Most likely your child will want to rest when you return home. We recommend finding a comfortable spot in bed or on the floor with a pillow supporting the neck.
2. Do not allow your child to return to school or attend activities following the surgery.
3. Please assist your child with walking to the car and to the bathroom. Usually children are drowsy following sedation and they will need your help getting around. This is very important because we want to prevent your child from tripping and falling.
4. To help your child to a speedy recovery it is important that he/she **drink liquids** throughout the day. When you return home you may start by giving small amounts of water or clear juices. You may begin giving your child food, when tolerated (i.e.: Jell-O, pudding, soup, mashed potatoes, ice cream). Do not encourage eating too soon because your child's stomach may be upset. If your child sleeps for a couple of hours wake him/her up to give liquids. **Eat soft food as needed, and return to normal diet as tolerated.**
5. You may give your child **Children's Ibuprofen or Tylenol** every 6 hours if needed when you return home (unless they have an allergy to those medicines). This will help reduce the soreness, discomfort, and possible swelling following the treatment.
6. If your child had local anesthetic (numbing), please watch your child closely to prevent him/her from sucking, pinching, or biting his/her lips, cheeks, and tongue. The numbness usually goes away within 1-2 hours.
7. Please begin **brushing** the night of the surgery. You may use a wet washcloth instead of a toothbrush to wipe the teeth and gums. This is important because if the teeth and gums are clean and free of plaque and food the gums will heal within 10 to 14 days. **Clean teeth and gums will prevent additional pain and discomfort.**
8. If your child received any stainless steel crowns his/her gums will be especially sore, because they fit below the gums. You may notice black numbers on the crowns. You will brush the numbers off in 2-3 days if you are brushing adequately. The crowns should appear shiny when they are clean. The crown will fall out with the baby tooth when the new permanent/adult tooth comes in. Your child must **avoid hard, sticky candy** (For example, Fruit Roll-ups, Starburst, Milk Duds, and Now & Laters) to prevent the crown from coming off and causing more decay.
9. If your child had tooth-colored fillings or sealants placed he/she needs to avoid sticky foods and candy, because the fillings can pop out. If he/she had tooth colored crowns placed on his/her front teeth they cannot bite on apples, carrots, or corn on the cob with their front teeth. He/she will need to cut these types of foods and chew them with his/her posterior teeth.
10. If your child had some teeth removed it is important to avoid spitting, or using a straw for 24 hours. If the area begins to bleed again then have your child bite down on gauze for 5-10 minutes and the **pressure will stop the bleeding**. Continue foods as tolerated and keep the area clean for faster healing.
11. The dentist will be calling you the night of the treatment to check on your child, but if you need something prior to her phone call, please don't hesitate to call Dr. Heidi Stark at 402/770-3948, Dr. Libby Johnson at 402/770-7697, Dr. Emily Egley at 402/525-7822, or Dr. Katie Garcia at 402/730-0683.