



## ORAL CARE INSTRUCTIONS AFTER GENERAL ANESTHESIA

Today your child has received dental care under general anesthesia. Please review the anesthesiologist's post-anesthesia instructions regarding diet and activity. The following instructions will assist you in caring for your child's teeth after surgery:

### Oral Hygiene

It is important that you maintain good oral health in the days following your child's dental work. All teeth/restorations must be kept as clean as possible in order to ensure optimum healing. Starting the day after surgery, brush twice a day and floss once a day. Your child may experience some sensitivity and slight bleeding of the healing gingiva in the days following while brushing; this is normal. You may notice an initial gray/purple discoloration along the gumline of some restorations/extraction sites. This scabbing is normal and will resolve within a week or two.

### Swelling and Pain

Mild swelling along the gums and mild discomfort are normal occurrences following dental treatment. You also might notice your child's cheeks and lips are slightly swollen following treatment. Any significant swelling or moderate to severe pain needs attention in the clinic so it can be properly treated. Please follow the marked recommendation for pain relief following dental treatment.

- For maximum pain relief, we recommend to alternate between Children's Tylenol and Children's Ibuprofen every three hours until bedtime. It is normal to experience mild discomfort for up to three days.
- Your child has been given pain medication during surgery. Please avoid any pain medication in the ibuprofen family today (ie. Motrin, Advil, and Aleve). If your child needs additional pain relief, please take Children's Tylenol every 4-6 hours as needed.

### Follow-up Exam

- Your child does not need a follow-up appointment after General Anesthesia unless you have any questions or concerns. If you would like to schedule a follow-up appointment, please contact us.
- We recommend to perform a follow-up appointment approximately one to two weeks after surgery. This short appointment allows us to ensure that the teeth responded well to treatment and that proper healing has occurred. It also gives us the opportunity to answer any questions you have.
  - Your post-op appointment is scheduled for \_\_\_\_\_
  - Please call to schedule your post-op appointment.

**If you have any other questions or concerns, please call Shoreline Kids Dentistry at 206-800-7790**