

Post Operative Instructions after Full Mouth Dental Rehabilitation Under Sedation

The Following information is provided to aid you and your child after he/she has had dental treatment under sedation.

- **Local Anesthetic** – Local Anesthetic (Numbing) is generally not needed for dental treatment in patients who are under general anesthesia. If Local Anesthetic was used make sure to monitor your child closely for several hours to make sure they do not bite, scratch or injure the numb cheek, lips or tongue.
- **Dental Fillings** – After the placement of dental fillings (white or silver), teeth may often be sensitive to hot, cold and pressure for a brief period. It is not uncommon for recently filled teeth to require several weeks to feel “normal” again.
- **Stainless Steel Crowns** – Stainless-steel crowns cover your child’s teeth and are shaped to fit the tooth, cover it completely and strengthen the tooth. The gum tissue surrounding the tooth may appear red/inflamed initially and the caps may feel “tight”. After 24 hours warm saltwater rinses and thorough brushing along the gums plus flossing will allow the gums to heal. With time, the patient will get used to the caps which will fall out along with the tooth eventually. We recommend you avoid sticky candy and if a cap is dislodged, please keep it safe and call the office to recement it.
- **Dental Extractions** – After dental extractions your child may have gauze pressure packs placed to control bleeding from the site of the extraction. Most dental extractions are routine, and it is unlikely that your child will need any pain medication or antibiotics. We recommend no rinsing, no spitting, no straws and no popsicles for the first 24 hours. Use a wet toothbrush (without toothpaste) to keep the mouth clean. Regular doses of Tylenol work well for pain relief and we recommend you take your first dose as soon as possible after discharge.
- **Swelling and Pain** – Mild swelling and discomfort are normal occurrences following dental treatment in the operating room. The dental restoration procedure while under General Anesthesia requires that a safety throat pack be placed; this will lead to your child having a very sore tongue and throat. Taking Motrin and Tylenol as directed by the manufacturer’s instructions is recommended to control the pain. Never administer medication to your child that they are allergic to.
- **Activity Limitations** – Your child will probably be sleepy or act groggy today due to receiving a sedative. Don’t be surprised if your child wants to take a nap for several hours, just make sure your child rests on his/her side or back and is closely monitored by an adult for the rest of the day. Activities should be limited to watching TV, playing quietly with toys inside and resting. Your child should not return to school or daycare today, he/she needs to be under close parental supervision. If work related obligations necessitate that your child return to school/daycare please inform the teacher/caregiver that your child is to be monitored closely.
- **Diet and Other Limitations** – After dental treatment in the operating room under General Anesthesia, your child’s diet should initially consist of clear non-carbonated liquids (water, juice, Gatorade); followed by soft room temperature food such as Jello, yogurt, scrambled eggs, mashed potatoes, etc. Avoid eating crunchy or sticky foods and move to a more routine diet as your child directs. Your child may experience some nausea. If so, please allow only sips of clear liquids (Gatorade & Pedialyte) followed by softer foods. Please do not give heavy food like hamburgers or pizza to start with.

Should you have questions/concerns during normal business hours, please call our office (724)774-1920. • If after business hours, please text our office at (878)529-0336, and someone will get back to you as soon as they can.