



## GENERAL ANESTHESIA POST OPERATIVE CARE

### EXTRACTIONS

Some discomfort; bleeding and/or swelling is expected after having a tooth removed. Take the medications given to you for pain and/or infection as prescribed. Your pharmacist should explain to you which medications should be taken with food and which should be taken on an empty stomach. If you experience stomach upset or diarrhea, please call the office to obtain advice.

**A small amount of blood mixed with saliva is normal for the first day.** If the area continues to bleed, bite on the gauze provided to you. Roll the gauze and place it over the wound and keep the jaw firmly closed for 20 minutes. Please do not use tissues. If the bleeding continues, please contact your office. Do not rinse, suck through a straw or spit for 24 hours. Some swelling may occur after the removal of a tooth and is quite common if the extraction was difficult.

**SWELLING** – Some swelling may occur in the area especially if the extraction was more complicated. The swelling will go down after 48 hours. **A cold compress may be applied to the cheek around the extraction, to minimize the swelling.** This can be done for up to 6 hours after surgery.

**DIET** - Generally, you may eat what you can comfortably, but soft, easy to digest foods are recommended for the first few days. Drink lots of water to promote healing and hydration.

**ACTIVITY** - **Please keep activity light for the first 24 hours** to allow for proper healing. Vigorous activity can cause the socket to bleed.

**ORAL HYGIENE** - After surgery, it is very important to keep the mouth and teeth clean. Brush your teeth normally, avoiding the extraction site until it is healed. **Warm, gentle salt water rinsing is recommended 24 hours after surgery.**

### ANTERIOR FILLINGS & CROWNS

White fillings and porcelain crowns on front teeth. Your child's front teeth have been restored with white composite fillings or porcelain crowns. Although their teeth may look like normal teeth, they may break and/or fracture easily. **Avoid biting hard foods on these**

**teeth. Avoid hitting or bumping these teeth. Avoid sticky, chewy foods (gummies, jube jubes, fruit roll ups etc.)**

#### STAINLESS STEEL CROWNS

Stainless steel crowns are a valuable and effective means to restore primary teeth. Stainless steel crowns are used on primary molars when large cavities are present. Or when molars are broken and/or when they require nerve treatment. Stainless steel crowns are glued to the baby teeth with cement after the tooth is prepared. The cement will withstand normal chewing, however sticky candies can cause the cement to loosen, and should be avoided. Should the crown come off, please call the office to have it recemented. This should be done soon after the crown has come off but is not an emergency. Please have your child chew food on the other side and avoid foods that are too hot or cold. Please bring the crown with you to the recement appointment. **The gums surrounding the new crown will be tender and may bleed for a few hours after placement. This is normal.** Have your child take a recommended dose (as per label) of pain relief medication. Please use gentle pressure when brushing the area with a toothbrush for the first 48 hours. The crown will fall off with the baby tooth it is cemented to. Primary molars fall out at approximately 10 – 12 years of age when the adult teeth come in.

#### PAIN MANAGEMENT

Please follow the anesthesiologist and nurses guidance for what medications to take but generally for post-operative discomfort unless there is an allergy we recommend Children's Tylenol and Advil alternating every 4-6 hours until symptoms improve usually 1-2 days.