

## Dental Surgery

# Post-Operative Care Instructions



**Janeway**  
DENTAL CLINIC

300 Prince Philip Drive  
St. John's, NL A1B 3V6

Tel: (709) 777-4353  
Fax: (709) 777-4171

[dentistry@easternhealth.ca](mailto:dentistry@easternhealth.ca)  
[www.janewaydental.ca](http://www.janewaydental.ca)

Dental Surgeon:

Date:



## YOUR CHILD HAD THE FOLLOWING PROCEDURE PERFORMED TODAY:

- |   |  |
|---|--|
| <input type="radio"/> Examination             | <input type="radio"/> Extractions        |
| <input type="radio"/> Cleaning                | <input type="radio"/> Sealants           |
| <input type="radio"/> Radiographs (X-rays)    | <input type="radio"/> Root Canal Therapy |
| <input type="radio"/> Fluoride                | <input type="radio"/> Other: _____       |
| <input type="radio"/> Restorations (Fillings) | _____                                    |
| <input type="radio"/> Pulpotomies             | _____                                    |

Your child will require special care and attention over the next few days. Please follow the instructions checked on the next two pages.

After your child's dental surgery, healing usually takes place quickly and without complication. Some short-term discomfort is to be expected in most cases. Common occurrences include bleeding, swelling, bruising, sore throat, difficulty opening the mouth and bad taste. Occasionally complications may arise which require further treatment from your dentist.

- Numbness:** Local anesthetic was used during the surgery. The lips, cheek and/or tongue may be numb for 2 to 4 hours. Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.
- Bleeding:** Bleeding was controlled before we discharged your child, but some occasional oozing (pink or blood-tinged saliva) may occur. Hold gauze or a facecloth with firm pressure against the surgical site until the oozing stops. You may need to change the gauze/facecloth or repeat this step. If bleeding continues for more than 2 hours, contact us. Sometimes your child may have a slight nosebleed after surgery. This is caused by the tube used to help with breathing under anesthetic and is not unusual.
- Surgical Site Care:** Today, do not disturb the surgical site. Do not stretch the lips or cheeks to look at the area. Do not rinse or spit vigorously, use mouthwash, or probe the area with fingers or other objects.
- Swelling:** Slight swelling and inflammation may occur for the next 2 days. If swelling occurs, ice packs may be used for the first 24 hours (10 minutes on then 10 minutes off) to decrease swelling and/or bruising. If swelling persists after 24 hours, warm/moist compresses (10 minutes on then 10 minutes off) may help.
- Sutures:** Dissolvable sutures were placed to help control bleeding and promote healing. If a suture comes loose, remove it by pulling on one end or cutting the suture.
- Daily Activities:** Today, avoid physical exercise and exertion. Your child may return to normal activities as tolerated in 24 hours.
- Diet:** After all bleeding has stopped, your child may drink cool non-carbonated liquids but should NOT use a straw. Encourage fluids to help avoid dehydration. Soft foods (e.g., gelatin, Instant Breakfast®, pudding, yogurt, pasta) are ideal on the first day. By the second day, consistency of foods can progress as tolerated. Avoid foods that are hard or crunchy such as nuts, chips and seeds for the next 24 hours.
- Oral Hygiene:** Keeping the mouth clean is essential. Today, teeth may be brushed and flossed gently, but avoid brushing surgical sites. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean the teeth within the bounds of comfort.
- Pain:** Because some discomfort is expected, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®) before the numbness wears off. DO NOT give aspirin to your child. Follow the instructions on the bottle for dosing based upon your child's age/weight.



## MEDICATIONS

- Tylenol was given during the procedure. DO NOT give any Tylenol before \_\_\_\_\_ pm.
- Toradol was given during the procedure. DO NOT give any Ibuprofen before \_\_\_\_\_ pm.
- Antibiotics were given or prescribed. If a rash, hives or nausea develops, stop the antibiotics and seek immediate medical care.

**Prescription:**

**Directions:**



## WATCH FOR

**Fever:** A slight fever is not uncommon within the first 48 hours after surgery. If a higher fever develops or the fever persists, call our office.

**Nausea & Vomiting:** Some anesthetic and pain medications can produce nausea and vomiting. Sometimes blood is swallowed after having surgery. Do not be alarmed if your child vomits old blood. Rest or sleep on the side to avoid accidentally swallowing vomit.

**Sensitivity:** Teeth may be sensitive to hot or cold after dental fillings. This should resolve over time.



## FOLLOW-UP

- Schedule your child's next visit with \_\_\_\_\_ in \_\_\_\_\_ days / weeks / months.
- If you have any concerns between the hours of 8:00 am to 4:00 pm please call us at: \_\_\_\_\_

**If your child experiences difficulty breathing, excessive bleeding, persistent nausea or vomiting, unusual pain, swelling or high fever, or any signs and symptoms that you feel require a doctor's attention, please contact your nearest emergency department.**