



**Please remember: It is important for your child's safety that you follow these instructions carefully.**

{Surgery may be cancelled if these instructions are not followed}

Food and Drink Instructions:

It is EXTREMELY important that your child have an empty stomach given an anesthetic. It will reduce the danger of vomiting and inhaling stomach contents into lungs while your child is asleep. You must follow these instructions or your child's procedure will be cancelled to ensure his/her safety. **We request no solid foods or unclear fluids (orange, pineapple, tomato juice, milk, etc) are ingested for at least 8 hours prior to the appointment.** This fasting is for your child's safety. An Apple Pediatric Dentistry staff member will be contacting you no later than 48 hours prior to the appointment to go over these post operative fasting instructions as well as to confirm the appointment. **If we cannot confirm 48 hours prior to the appointment we will cancel the appointment and need to reschedule for a later date.**

Medications:

Some medicines should be taken and others should not. It is important to discuss this with your dentist during the consultation appointment prior to surgery. Patients should take their usual medications with a sip of water on the morning of their surgery.

Arriving at the Appointment:

We request you are at least 20 minutes prior to your scheduled appointment time. A parent or guardian should accompany the child and must remain until the treatment is complete.

Clothing/Dress:

We recommend your child come in comfortable, loose fitted clothing (pajamas, track/sweat pants and a t-shirt). If you are bringing a young child, please do not dress them in a "onesies" or "footy" pajamas. We also recommend older clothing, as they may get stained or dirty during procedure and recovery with blood or fluids. We often recommend a second set of clothing because it is possible they might have an accident. If your child wears diapers or pull-ups make sure they are fresh and bring a pack up pair the day of surgery.

Change in Health:

If there are any changes in the child's health, such as a chest cold or a fever the day of treatment, please contact our office immediately.

Activities afterwards:



**DO NOT** plan activities for the child after treatment. Your child will likely want to rest upon returning home. Do not send your child to school or plan for activities. Please monitor your child throughout the day following surgery.

Recovery:

**Getting home after the appointment:**

We prefer that 2 adults accompany the child home in case the child needs assistance during the transport. Ensure that the responsible adult accompanying the child is able to drive or hire a taxi cab. Public transportation is not acceptable. We also recommend a plastic bag for the ride home in the case of any nausea or vomiting following surgery.

**Drinking and eating after getting home:**

To assist your child in a speedy recovery, it is important for your child to be well-hydrated after treatment. The first drink should be plain water then clear sweet drinks can be given. Things like clear juices, or Gatorade. **Warm soft food may be taken when desired and in small portions** such as Jell-o, pudding, soup, mashed potatoes or ice cream. Do not encourage eating too soon because your child's stomach may be upset. If your child sleeps for a few hours wake him or her to give liquids. Nausea and vomiting are not uncommon after surgery. Gravol suppositories work very well for postoperative vomiting. If vomiting persists, contact the dentist or anesthesiologist.

**Numbness of the mouth; Persistent Cough:**

Your child's cheeks, lips and tongue may be numb after treatment. Please watch your child carefully for several hours to make sure she/he does not bite the cheeks, lips or tongue. The anesthetic gas used is very dry and sometimes irritating. This may cause hoarseness or a croupy cough. Either of these conditions should pass within the first day.

**Pain Management afterwards:**

Children's Acetaminophen (e.g Tylenol) or Ibuprofen (e.g. Advil or Motrin) every 6-8 hours will help alleviate discomfort and sore gums. Occasional post-operative fever may be managed with Acetaminophen also.

Addition Information:



**Dental Care after treatment:**

If your child received any stainless steel crowns his/her gums will be especially sore, because they fit below the gums. These crowns will fall out with the baby tooth when the permanent/adult tooth comes in. We recommend avoiding sticky foods until the crown has come out. If your child has had crowns or space maintainers placed, please do not allow toffee, gum, liquorice or ice chewing to prevent displacing or distorting them.

If your child received a permanent stainless steel crown, please discuss care options with the dentist. If your child had teeth removed, it is important to avoid spitting or using a straw for at least 24 hours. Any bleeding can be controlled by biting (not chewing) firmly on gauze pads placed over the surgery site for at least twenty minutes. Your doctor may recommend an appointment for a post-operative visit within two to four weeks.

**Contact Us:**

Please feel free to contact us if vomiting lasts longer than 12 hours, or the temperature remains elevated longer than 24 hours, or there is any difficulty breathing, or your child appears inappropriately sedated.

**Please call our office if you have any concerns relating to your child's treatment**