



# YOUR CHILD AND DENTAL SURGERY

*Date of Surgery* \_\_\_\_\_

Please bring this booklet the day of surgery.

Your dentist has discussed with you plans for your child's surgery. Depending on your child's age, you may want to prepare him/her for coming to the hospital. Try to be completely honest with your child and explain things in a way that is easily understood. It is normal for you to be anxious about your child coming for surgery, but try not to allow your child to see your anxiety.

**IMPORTANT:**

Please notify your Dentist if your child has any of the following:

- Cold symptoms such as a cold, runny nose, sore throat, or fever
- Exposure to infectious diseases (measles, mumps, chicken pox)
- Any change from his or her usual health.

**A parent/guardian needs to be available for the child at all times. Please arrange for any care that may be needed for any other children.**

## Day of Surgery

Nothing to eat after midnight and water only allowed up to 3 hours before the surgery time.

Arrive with your child at the scheduled time. Bring a favourite toy, stuffed animal, book to read etc. Please feel free to ask any questions that you or your child may have.

In Day Surgery, your child may be given a small drink of medicine, which will help to relax your child and make him/her sleepy.

Before your child goes into the Operating Room, you will have an opportunity to meet with the Anaesthetist. Once your child goes into the Operating Room, you will be asked to wait in the Waiting Room.

Following the surgery, the Dentist will talk to you. Your child will be taken to the Recovery Room, where you will be reunited with your child as soon as possible. Your child will remain in the Recovery Room for about an hour and then will be taken back to Day Surgery to recover.

It is normal for your child to be drowsy and dizzy after the procedure. These effects could last up to 24 hours. It is important that an adult is with the child continually during this time.

Your child may be unsteady on their feet from the effects of the anaesthesia and extra care and attention may be required to prevent injury.

## **Guidelines at Home**

It is important for your child to rest and participate in quiet activity (watching TV, reading) for at least 24 hours.

Start by giving your child clear liquid drinks (water, ginger ale, popsicles) the first day and progress to soft foods for the next few days. Do not be concerned if your child does not want to eat (depending on the procedure performed). Your child will eat when he/she feels comfortable enough to do so. It is important though that your child drinks adequately (6-8 glasses of fluid per day).

If the dentist used freezing during the operation, encourage your child not to chew on his/her lips, cheeks or tongue.

Your child may have some pain and swelling of the cheeks. Place an ice pack, frozen vegetables in a pillowcase on the cheeks for 20 minutes at a time for the first 24 hours. Do not apply heat. If not allergic, give Tylenol or prescribed pain medicine from your doctor, as needed.

Clean teeth as usual with a toothbrush. It is important to keep the mouth clean after surgery.

If your child is school-aged, keep your child home with you for 1 or 2 days to recover.

## **If extractions have been done:**

- No sucking on straws as this could start bleeding
- No rinsing mouth for 24 hours as this could increase bleeding
- Pink-tinged saliva is expected. If bright bleeding occurs, place a folded damp gauze over extraction site to bite on for 20 minutes then remove. Repeat as needed.
- After 24 hours, use warm salt water as a gentle mouth rinse every 4 hours while awake and after meals.
- If stitches are present, they will dissolve on their own, usually in 7-9 days.



**Call your dentist's office or come to the nearest Emergency Department if:**

- Increased pain
- Increased swelling
- Signs of infection – fever, chills, foul smelling drainage
- Bleeding from site not relieved by gauze biting.

## Special Instructions

## Questions?

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