

Pre-op Instructions

Do not allow your child to DRINK or EAT (including water, gum or candy) after midnight the night before surgery. Food in the stomach may result in vomiting during anesthesia. This is unsafe and could be life-threatening. Failure to comply will result in the cancellation of your child's surgery.

- If your child's surgery is scheduled for an afternoon appointment you will be provided with specific fasting instructions from our Nurses.

If your child takes prescription medications, you will be provided with instructions to continue or hold these medications as recommended by the Anesthesiologist prior to your child's surgery.

- If your child needs to take medication while they are fasting, they may take them with a small sip of water, as approved by our Medical Team.

Please dress your child in loose fitting clothing, have them in a pull-up or bring a change of clothes.

- Sometimes with anesthesia children can have accidents, and we want your child to be the most comfortable when they are in the Recovery Room with our Registered Nurses.

Please advise us of any recent changes in your child's health such as fever, vomiting, diarrhea, cold or flu in the days before your appointment.

- If your child is experiencing a recent cough, congestion, fever or is unwell the morning of their appointment, please be advised the Anesthesiologist and Dentist will re-book for another day when your child is healthy.

In the Recovery Room:

After your child's procedure they will be transferred to the Recovery Room and cared for by our team of Registered Nurses.

- It usually takes approximately 30-60 minutes after the anesthetic before your child will be ready to go home.
- It is not uncommon for your child to cry when they wake up as they may experience dizziness, nausea, disorientation or mild discomfort. Your child's individual recovery needs will be addressed by the team of Nurses and our Anesthesiologist to ensure they are calm and comfortable.
- We encourage parents to be present in the Recovery Room, as soon as the Nurses feel it is appropriate to do so, to comfort your child. You can sit or lay on the stretcher with your child as the effects of the anesthesia and medication are resolving.
- Expect to see the intravenous catheter in place until your child is fully awake.
- A responsible adult/parent must accompany your child home in a car or taxi.

Post-Operative Instructions**REST**

Your child should be resting at home for the remainder of the day of surgery

- They may be dizzy, drowsy or weak for up to 24 hours after surgery and a responsible adult should be with your child until the next day.
- For first 24 hours they should not run or ride a bike, play outside, engage in any activity that can be dangerous due to lack of balance and coordination, and should be accompanied when going up and down stairs.

HYDRATION & FLUIDS

Give your child plenty of fluids after anaesthesia

- If your child is not experiencing nausea or vomiting they may progress their diet from clear fluids (water, juice, Pedialyte, Gatorade), to a soft diet (eggs, yogurt, soups, smoothies) and then progressing to a regular diet as tolerated.
- Cold fluids and popsicles can help to soothe a sore throat, or mouth discomfort.

BLEEDING

It is normal for your child to have small amounts of bleeding after their procedure, especially from the sites where teeth have been extracted

- If your child has had extractions, some bleeding from the site is normal and will usually stop within a few hours. If stainless steel crowns were inserted, some bleeding from the gums is normal for up to a week
- Occasionally, patients can have a nose bleed during their recovery. This can be caused by irritation of the nose from the breathing tube.

PAIN

Your child may experience mild to moderate pain or discomfort after their procedure. Typically this pain can be relieved with Acetaminophen (Tylenol) or Ibuprofen (Advil or Motrin).

Freezing is only used for children where teeth have been extracted and should last no longer than one hour.

- Our team of Nurses will advise you of medications you can give your child and at what time they are able to have a dose once they get home.

ORAL HYGIENE

Brush and floss your child's teeth normally after the first day. If teeth have been removed, avoid these sites for 3 days.

- Avoid smoothies with nuts/seeds or hard and crunchy foods that may irritate the gums or dental extraction sites for at least 1 week
- No sucking on a straw for at least 1 week (this can cause dry socket or impair healing) if your child has had extractions

STAINLESS STEEL CROWNS

If your child had stainless steel crowns fitted you should AVOID STICKY CANDY like toffee, suckers, bubble gum, etc. as these may pull crowns off the teeth.

- Crowns are cemented in place. The gums around them may be tender for a day or two. The child may mention that his or her “bite” feels funny at first but this will correct itself. Brush these crowns just like the other teeth. They will fall out with the baby tooth at the normal time.

STITCHES

If your child has had dental extractions, removal of teeth, the Pediatric Dentist may have placed stitches (sutures) which are dissolvable.

- These stitches do not need to be removed. They will dissolve and come out on their own typically between 5-7 days after the procedure. If these sutures do not dissolve within 10 days or your child is experiencing discomfort please give our clinic a call.

FOLLOW UP CARE

You will be provided with an After Hours number which is forwarded to the Pediatric Dentist for 24 hour post procedure.

You will receive a call the next day after the procedure by one of our Nurses. This is a good opportunity to have any questions answered and for our Nurse to ensure your child is recovering well at home.

- Please contact us using either the Clinic Number or After-Hours number, if there are any concerns at all!
- You will be advised by the Pediatric Dentist if your child will require any additional follow-up appointments in the clinic.

EMERGENCIES

IT IS VERY IMPORTANT THAT OUR OFFICE IS NOTIFIED OF ANY UNEXPECTED ADMISSIONS TO THE HOSPITAL WITHIN 10 DAYS OF YOUR DENTAL PROCEDURE

IF UNABLE TO CONTACT THE DENTIST AND YOUR CHILD IS EXPERIENCING SEVERE BLEEDING, BREATHING PROBLEMS, OR ANY LIFE THREATENING SITUATION, CALL 911 OR PROCEED TO THE NEAREST HOSPITAL EMERGENCY ROOM

CONTACT INFORMATION

AFTER HOURS NUMBER: (780) 750- 0755

CLINIC NUMBER: (780) 750-0072