

POST-OPERATIVE INSTRUCTIONS

Activity

- Observe patient for remainder of day or until fully recovered. The effects of sedation or anesthesia will usually disappear within 24 to 36 hours.
- Limit patient to indoor, quiet activities until the effects of the anesthetic have subsided completely.
- Judgment may be impaired during this time so do not allow your child to swim, bike ride, or play with other children. Place a soft blanket on the floor for your child to sleep and observe him/her closely.

Diet

- Today - give clear ("see-through") liquids (e.g. apple juice, Jello, clear soup, 7-up, Gatorade). Once clear liquids are tolerated, progress to soft diet (e.g. applesauce, scrambled eggs, mashed potatoes, and soups) after 4-5 hours.
- Tomorrow - maintain soft diet then progress to regular diet as tolerated.
- No dairy or citrus products for 24 hours after dental treatment.
- If teeth were extracted, do not use a straw.
- If your child is **not** hungry, do not force him/her to eat but encourage as much liquids as possible for the next twenty-four (24) hours.

Pain/Fever management

- When a patient has had a full mouth dental rehabilitation, 2 to 3 days of discomfort is to be expected. Muscle aches and a sore throat may occur similar to the flu. Careful oral hygiene must be observed during the healing period.
- Acetaminophen (Tylenol) or Ibuprofen (Advil) are usually effective for pain management and should be taken at the first sign of pain according to dosage as recommended. Do not take if allergic to the above medications.
- It is common for children with a fever of up to 101 degrees Fahrenheit to develop for the first 12 hours. Tylenol elixir every 3 to 4 hours as directed on the back of box with plenty of liquids will tend to alleviate this condition as well as any pain.
- If temperature exceeds 102 degrees Fahrenheit, please call Dr. Tan immediately or bring your child to the Emergency Room.

If you have any questions, please call Dr. Tan at (503) 680-4406