

## Post-Operative Instructions

### Complete Oral Rehabilitation Under Hospital-Based General Anesthesia

Thank you for trusting us with your child's care. Your child has undergone complete oral rehabilitation under hospital-based general anesthesia. The following post-operative instructions are provided to help ensure a smooth and safe recovery at home. Please contact our office at **407-683-9762** with any questions or concerns.

#### **What to Expect**

It is normal for children to feel sleepy, emotional, irritable, or slightly unsteady for the remainder of the day and possibly into the next day. These effects are temporary and typically resolve within 12–24 hours.

#### **Activity**

Quiet, supervised activities are recommended for the remainder of the day. Due to the effects of general anesthesia, a responsible adult must closely monitor your child for the first 24 hours. Your child may resume normal activities the following day as tolerated, unless otherwise directed.

#### **Diet**

Begin with clear liquids once your child is fully awake and able to swallow safely. If tolerated, progress to chicken noodle soup, applesauce, and Jell-O®. Resume a normal diet as tolerated the following day unless otherwise instructed. Avoid sticky or hard foods such as gum, caramels, taffy, hard candy, ice, or nuts, as these may loosen or dislodge crowns and space maintainers.

#### **Pain Management**

Your child may have been given pain management medications during surgery, including intravenous acetaminophen (Tylenol®). Mild to moderate discomfort is expected as the anesthesia wears off. You may give acetaminophen (Tylenol®) at home as directed based on your child's age and weight unless otherwise instructed. Do not give aspirin. Please be sure you know the time these medications were given during surgery to avoid giving a dose too early. If pain is not well controlled, contact our office at 407-683-9762.

#### **Oral Home Care**

Gentle oral hygiene is important for healing and long-term dental health. Resume brushing the evening of surgery or the following morning using a soft-bristled toothbrush. Brush gently, avoiding surgical areas. If teeth were removed during the procedure, a white or yellow clot or tissue may be visible. This is a normal part of healing and should not be disturbed.

**Compliance & Parent Reminders**

A responsible adult must remain with your child for the first 24 hours following anesthesia. Follow all post-operative instructions carefully. Contact our office at 407-683-9762 if your child experiences worsening pain, excessive bleeding, fever, swelling, or any other concerns, or seek emergency medical care if necessary.

You have taken an important step toward achieving and maintaining a healthy smile for your child. Please contact your dentist to schedule your child's next cleaning appointment.

Thank you for trusting us with your child's care. If you have friends or family members who may benefit from Dr. Elmore's services, they may contact our office at 407-683-9762. No referral is required.