



# DENTAL PROCEDURES

Dear Parents, your child has just had dental procedures and is ready to go home. This following information will help ensure your child has a safe recovery after leaving the hospital.

## Care for the surgical/ procedural site

- No brushing, spitting, rinsing or use of mouth washes for 24 hours. Avoid touching the wound with fingers to prevent infection. Do not use a drinking straw for 24 hours.
- In case of bleeding, place a soft cloth or a moist tea bag over the wound and close the teeth tightly enough to produce steady, gentle pressure for about 15 –30 minutes. If necessary, may repeat two to three times.
- In case of swelling, apply an ice compress on the face, over the area of extraction or surgery, for the first 4 to 8 hours only (15 minutes on, 15 minutes off).

## Pain Management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at \_\_\_\_\_ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

## When will life go back to normal?

- **Activity:** Quiet activities today with close supervision. If your child had a minor oral surgery; check with your dentist, he/she might not be allowed to participate in gym for a couple of days.
- **Bath/ shower:** May resume bath or shower tomorrow.
- **Diet:** Give water, apple juice, or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. Tomorrow, your child may take a normal diet. If your child had dental extractions or any minor oral surgery, give her/him a soft diet for 2 days. Avoid hot liquid or hot food for 24 hours
- **School / Daycare:** May return to school/ daycare tomorrow. Check with your dentist, in case of a minor oral surgery, your child might need to stay home longer

## When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Persistent bleeding despite pressure applied x 4 times with a soft cloth or moist tea bag as instructed.

## Follow-up

- For your next appointment please call 514-934-1934, extension: \_\_\_\_\_ 24479
- Clinic \_\_\_\_\_ dental \_\_\_\_\_ Doctor: \_\_\_\_\_

## Contact Information

IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE \_\_\_\_\_ DENTAL \_\_\_\_\_ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

*Disclaimer: Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.*