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Specializing in Infants, Children & Teens

POST-OP INSTRUCTIONS FOLLOWING GENERAL ANESTHESIA

Following these instructions will help ensure a quick recovery for your child following his/her dental treatment under general anesthesia.

1. Your child should be under close supervision for the remainder of the day. Do not allow your child to participate in vigorous exercise or play immediately after surgery. It is recommended that you allow your child to relax for the rest of the evening (color or watch television, etc.).
2. Your child's diet should include clear fluids only for the first several hours after surgery. This can include drinks such as Sprite, Kool-Aid, Gatorade, etc. Please avoid dairy products such as milk, milkshakes, or ice cream because this may cause an upset stomach or vomiting. When your child is hungry, we recommend chicken broth soup, noodles, or other soft foods that are easy to chew. Continue with soft foods such as these until your child is comfortable with other types of food.
3. After treatment your child may experience some minor discomfort throughout the remainder of the day. If your child was given a prescription for pain medication please fill the prescription and follow the pharmacy directions. It is also normal for your child's throat to feel a little "scratchy" following treatment. This will only last a short time and should not cause alarm.
4. If stainless steel crowns were placed, the gums surrounding these teeth may be irritated and sore. This should only last for 24 hours and gradually feel better. The crowns may make the gums turn light pink to white. This is normal and the gums will soon return to their natural color. If white crowns were placed on your child's front teeth, hard candy and ice should be avoided so as not to crack the crowns.
5. If your child had teeth removed today you may notice some minor bleeding from the extraction sites. The nurses will give you some extra gauze to take home and in case of further bleeding you can apply pressure with the gauze.
6. You may begin brushing your child's teeth tonight or in the morning. Use a soft-bristled brush and brush gently at first in case your child is experiencing any discomfort.
7. We would like to see your child in our office at Teays Valley Pediatric Dentistry for a follow-up exam in 2 weeks. Please call our office to schedule that appointment.

If there is an emergency or if you have any further questions, please call Dr. Martin at the following numbers: office: 201-8500 or emergency pager: 361-9584