



**Pediatric Dental Rehabilitation
Under General Anesthesia -
Post-Operative Instructions
Phone: (301) 778-0411**

Your child has completed dental treatment under general anesthesia. Most children recover well within 24 hours.

Activity

- A responsible adult should supervise your child today.
- Sleepiness, irritability, and unsteady walking are normal.
- Encourage quiet activities and rest.
- Avoid running, climbing, biking, swimming, and sports until tomorrow.
- Most children may return to school or daycare the next day if feeling well.

Diet

- Encourage clear liquids (water, apple juice, electrolyte drinks, popsicles).
- Advance to soft foods as tolerated (yogurt, applesauce, mashed potatoes, eggs, soup, pasta, pancakes).
- Avoid hot, spicy, crunchy, or hard foods for 24 hours.
- If teeth were removed, avoid straws for 24 hours.
- Dissolvable sutures usually disappear within 2 weeks. If one comes out early, it is usually not a concern if bleeding is controlled.

Pain Control

- Mild discomfort, tenderness, crown tightness, or teeth grinding may occur.
- Give **Acetaminophen (Tylenol®)** and/or **Ibuprofen (Motrin®/Advil®)** as directed unless otherwise instructed.
- Use prescription medication only as directed.

Numbness

- If local anesthetic was used, numbness may last 2–4 hours. Supervise your child to prevent biting the lips, cheeks, or tongue.

Bleeding

- A small amount of blood-tinged saliva is normal.
- If bleeding occurs, place gauze over the area and have your child bite firmly for **10–15 minutes**.
- A moistened **black tea bag (such as Lipton®)** may be used instead of gauze. The tannins in black tea may also help control bleeding.
- Have your child watch a favorite show while maintaining steady pressure. **Do not repeatedly remove the gauze or tea bag to check the area**, as this can restart bleeding.
- If bleeding is heavy or continues despite pressure, contact our office. After hours, go to the nearest pediatric emergency department.

Oral Care

- Resume gentle brushing tomorrow. Slight bleeding with brushing is normal.
- If crowns were placed, avoid sticky foods (gum, caramel, taffy, gummies).

Nausea

- If vomiting occurs, wait 30–60 minutes before offering small sips of clear liquids, then slowly resume a soft diet.
- Contact the anesthesia provider if vomiting continues for more than 4–6 hours or your child cannot keep fluids down. After hours, go to the nearest pediatric emergency department.

Emergency

If you cannot reach our office after hours, go to the nearest pediatric emergency department.

Call 911 immediately if your child has difficulty breathing or any other life-threatening emergency.

**Thank you for allowing us to care for your child!
We appreciate the opportunity to help keep their smile healthy.**