

CARE FOLLOWING PAEDIATRIC ORAL SURGERY

Rest for 24 hours

Avoid injury

- Keep tongue, fingers and other objects away from the surgery site.

Food/Drink

- Avoid eating until numbness wears off.
- Eat soft food for the next five days (mashed vegetables and fruit, fish, pasta, yoghurt, egg).
- Avoid very hot food/drink for the next five days.

Cleaning

- Do not rinse mouth or brush teeth on the day of the operation.
- Commence brushing 12 hours after surgery; be careful of the surgery site.
- Commence gentle warm salt-water mouth rinses 12 hours after surgery; 5 per day for 5 days.

Bleeding

- Oozing of blood after the operation is normal.
- If there is excessive bleeding, roll one piece of gauze or a clean, freshly ironed handkerchief, place it over the site and bite firmly for 30 minutes. Do this three times (30 minutes each time).
- If there is still excessive bleeding after this, contact your specialist.

Pain and swelling

- Your child has been given local anaesthetic to minimise pain. Occasionally, children mistake numbness for pain or irritation. If this occurs, reassurance is the best approach. The local anaesthetic effect will diminish over a period of four hours after the operation.
- Assuming there are no allergies, give your child pain relief, such as Painstop or Nurofen.
- If there is significant pain, alternate use of Painstop and Nurofen (3-4 hourly) may be indicated.
- Careful use of ice packs on the face will help to reduce pain and swelling.

What is normal after an operation like this?

- Pain may peak two days after the operation. Increasing pain after three days, is abnormal.
- Bleeding – oozing is normal for up to 24 hours after surgery; active bleeding is not normal.
- Some swelling is normal. Significant swelling after three days is generally not normal.
- Nausea or vomiting is normal for a short period after surgery.
- A sore throat is normal for the first 24 hours.
- Stitches and surgical dressings are normal. They will dissolve over the next two weeks.
- A bad taste or “bad breath” is normal for the first few days.

Other

- There is a risk that your child may bite or chew the lip or tongue whilst numb. This can cause severe trauma. Monitor your child to prevent this.

If you have any concerns, contact this practice.

CARE FOLLOWING COMPLEX PAEDIATRIC DENTAL TREATMENT

Food/Drink

- Avoid eating until the numbness wears off.
- Avoid eating sticky food such as sticky lollies (eg fantaes, toffee, minties, redskins) as this could dislodge crowns.
- Avoid eating hard items such as ice or nuts as this could damage crowns.
- If there are crowns on front teeth, never bite into hard food, including apples or carrots, with the front teeth, as this may cause damage. Hard food should be chopped into smaller pieces and eaten on the back teeth.

Cleaning

- Good oral hygiene is essential for the long term success of complex paediatric dental treatment. This involves brushing the teeth at least twice per day with a fluoridated tooth paste and flossing the teeth at least once per day.

Pain

- Your child has been given local anaesthetic to minimise pain. Occasionally, a child interprets the sensation of complete numbness as pain or irritation. If this occurs, reassurance is the best approach.
- The local anaesthetic will diminish over a period of four hours after the operation.
- Pain relief may be necessary for a short period after the local anaesthetic wears off. If necessary, and assuming there are no allergies, give your child Painstop or Nurofen.

What is normal after an operation like this?

- When complex paediatric dental treatment has been performed, a period of adjustment is inevitable. Your child will notice that something is different in their mouth; for example, a tooth feels smoother or feels like it is a different shape. Reassurance is the best approach. Your child will get used to the changes very quickly. In some very complex cases, it is normal for there to be a slightly altered bite for a very short period of time. Again, reassurance is the best approach.

Other

- There is a risk that your child may bite or chew the lip or tongue whilst it is numb. This can cause severe trauma. Monitor your child to prevent this.
- Injury to the mouth may cause fracture or dislodgement of crowns. Avoid injury by adopting a sensible approach to accident prevention. Children who have had complex paediatric dental treatment and who play contact sport or participate in similar activities should wear a custom-fitted mouth guard.

If you have any concerns, contact this practice.