



## Instructions after General or IV Anesthesia

Your child may be sleepy for several hours after being sedated.

Your child should be carefully secured in a car seat or seat belt during transportation. A child seated in the upright position should have his/her head positioned forward, backward, or to the side, but not in a forward downward position as this may cause airway obstruction. Sudden or erratic driving could cause your child to get dizzy and nauseated. Do not be alarmed if your child sleeps after he/she gets home. Please place your child on his/her side while sleeping, and check on your child every 15 minutes while your child is sleeping.

Your child may have some unsteadiness or be uncoordinated for the rest of the day. You should not let your child participate in strenuous play or allow him/her to ride a bicycle, swim, roller skate, etc. for 24 hours. Please closely supervise any activity for the remainder of the day.

You should give your child liquids (i.e. water, clear juice, Gatorade, broth, Jell-O, **NOT** milk) for the first *hour* after anesthesia. If there is *no* problem with nausea or vomiting, you can progress to solid food as tolerated.

If your child becomes nauseous or vomits after sedation, allow him/her to rest and slowly sip clear liquids. This usually passes without any treatment being needed.

Your child's temperature may be elevated for the first 24 hours after treatment. Tylenol every 3-4 hours and fluids will help alleviate this condition. Temperature above 101F/38C is cause to notify your doctor.

If your child was anesthetized with lidocaine, please watch for lip, cheek, and tongue chewing, pulling or biting. These tissues are extremely fragile and can be easily ulcerated with continued trauma.

Your child may have oozing associated with crown or rubber dam/clamp placement. This will subside in 1-2 days. Please notify your doctor's office if a crown comes off and a time will be appointed for replacement. Please bring the crown for recementation. Floss has the potential to hang on the margin of crowns, potentially pulling the crown off. If this occurs, have your child let go of the floss on the side by the roof of the mouth/tongue side and slide the floss toward the cheek.

If your child had sealants, crowns, or spacers placed, please help us to ensure success with these restorations by reminding your child not to eat sticky candy (gummy bears, Now or Laters, Jolly Ranchers, etc.) or crunching on ice. These habits can break the restorations that have been placed and could necessitate retreatment. Your child may tell you that he/she is biting "funny" or "high" or that his/ her teeth don't fit together. This is normal and after 2-3 days is no longer noticeable.

If your child had restorations on their anterior (front) teeth, please remind your child to not bite into hard foods (ex: raw apples, carrots) or use their front teeth to open chip packages, tear at beef jerky, etc. These habits can break the restorations that have been placed and could necessitate retreatment.

Large fillings which are close to the nerve of the tooth may be sensitive to hot and cold foods and beverages for some time.

Please observe the following instructions if your child has had extractions:

1. No carbonated beverages for 2-3 days.
2. No sucking through a straw for 2-3 days.
3. No smoking.
4. No sharp foods (chips, etc.) for 2-3 days.
5. Soft cool/warm foods are preferable for 1-2 days.
6. Activity that would cause your child to become hot should be limited for 1-2 days.
7. Mild to moderate oozing for 2-3 days is normal. Please place gauze at extraction site if bleeding is heavy and have your child bite down with firm pressure.

If you have any questions or problems after your child's surgery, please call: (903) 892-1200 or (800) 362-9078

Please seek advice if:

1. Vomiting persists beyond (4) hours.
2. Temperature remains elevated beyond 24 hours or goes above 101F/38C.
3. If there is difficulty in breathing.
4. If any other matter causes you concern.

Your doctor will be contacting you the afternoon after your child's surgery to check on your child's status.