



Post-Operative Instructions

Eating

Choose soft, non-sticky food such as pasta, rice, mashed vegetables, eggs and mince.

Avoid hard sticky foods as these can hurt your child's mouth as well as dislodge new crowns and fillings.

Pain

Some pain is normal following dental treatment, especially extractions. Use paracetamol or ibuprofen as directed for your child's age and weight. Please consult your pharmacist for more advice if required as there are other pain control medications available for children

Cleaning

Clean the mouth gently from today using a soft toothbrush.

Following extractions, rinse mouth after food with water or warm salty water (other mouthwashes are generally not recommended for children). For young children offering them a drink of water to swish and swallow is ideal.

Bleeding

Bleeding during the first 24 hours following extractions is normal. Have your child sit up and bite firmly on gauze provided or a clean handkerchief. Bleeding should stop within 20-40 minutes.

If there is a prolonged bleeding or new bleeding starts more than 24 hours after surgery, please contact Lingard Private Hospital on 4969 7064 / Hunter Valley Private Hospital 4944 3700 / Maitland Private Hospital 4933 8400

Exercise/Activity

Try to limit your child's activity for the next 24 hours, particularly riding bicycles or skateboards near the road.

Supervision

Adult supervision is required for 24 hours following a general anaesthetic. If going back to school tomorrow please advise the teacher.

KidsSmile Paediatric Dental

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