

POST-HOSPITAL DENTAL HOME CARE INSTRUCTIONS

Activity: The medication may still affect your child for 24 hours. Whether he/she feels drowsy or seems fully awake, they may lack their usual coordination. Your child needs careful watching to prevent falls and accidents.

Diet: Your child can be given clear liquids (ice chips, 7-Up, Gatorade, Jello, or any liquid you can see through). The first meal needs to be "light" (soup, cereal, ice cream, crackers, etc.). Should vomiting occur, return to the progressive clear liquid diet. Your child's mouth may be sore the first 2-3 days and a soft bland diet may be tolerated easily. However, he/she may eat solid foods at any time if tolerated.

Numbness: Your child's mouth may be numb for several hours from the sleepy juice (local anesthetic) used. Be careful he/she does not bite or scratch their lip, cheek or tongue. Only drink liquids for the first 3 hours. Allay their fears and explain that the tingling sensation will go away shortly.

Care of the Mouth: It is important that the teeth be cleaned during the first few days following any treatment. Often a toothbrush on raw or sore gums is difficult for the child to tolerate. You should rub the gum line with a washcloth twice each day. Running warm water over the bristles also helps. Return to regular brushing as soon as possible.

What to Expect: It is common for a slight amount of bleeding to continue for 2-3 hours following any extractions or extensive treatment. This small amount of blood usually appears excessive because it is mixed with saliva. Should an abnormal amount of bleeding occur then take a folded gauze square or damp washcloth and have your child bite on it (applying pressure to the bleeding area). Pressure for 10-15 minutes will control minor bleeding.

Pain: It is important that your child be kept comfortable during the healing time following dental treatment. Please pay strict attention to the dentist's orders for giving pain medication. We commonly see children refuse to eat or drink when they are having severe mouth pain. If this should occur, it would be important for you to call our office. Avoid the use of aspirin.

When to Call the Dentist:

- Noisy or difficult breathing
- Refusal to eat after the first 12 hours following treatment
- Persistent vomiting
- Fever over 101 *F or 38.4 *C
- Excessive bleeding
- Persistent pain

Once you are home and you have any questions or concerns please call our office at 270-827-5522. Thanks for allowing us to care for your child's dental needs.

Thanks,

Dr. Fulkerson & Staff