



Good Morning! This information sheet has important information for you to read through while you are here at Surgery Center of Pinehurst, waiting for your child's general anesthesia (GA) appt. Please keep this information with you and refer to it if you need to.

## **WHILE YOU ARE HERE AT Surgery Center of Pinehurst:**

**How long will this take?** On average, from the time that your child leaves you to the time that you will be able to see him/her in the recovery unit, we estimate that it will be anywhere from 2-2.5 hours. If it takes shorter or longer than this period, **DO NOT PANIC** - we will do our best to notify you if there are any delays or complications. After dental treatment is complete, Dr. Zev will come out to discuss treatment with you. During this time, your child is being awakened by our anesthesiologist and team members.

**Can I come back to the anesthesia room with my child?** The general rule is no, parents are not allowed back in the operating room because of sterile room protocols that the surgery center must follow for the safety of your child. There are very few exceptions to this rule, and it is up to our anesthesiologist.

**What should I expect to see in the recovery area?** Once surgery is complete, your child will wake up in the post-anesthesia recovery unit. In this area, your child will be given Tylenol or any necessary pain meds, and will be given water, juice or a popsicle to help soothe the mouth and get your child hydrated. When you see him/her, you may notice:

- In the mouth- you will see a white/yellow creamy coating on the teeth- this is fluoride varnish and helps to help strengthen the teeth. You may also see inflamed or bleeding gums, depending on the treatments that needed to be done. This goes away quickly, and most kids do not even notice sore or bleeding gums. If your child had extractions, there will also be gauze in the mouth to help control bleeding.
- In the eyes - your child may have been crying, and you may see tears or red eyes- when kids wake up, Dr. Zev and the dental assistants are there to comfort them, but oftentimes only a mom or dad's face will do. We will move your child quickly and safely to the recovery area to get them comfortable and ready for mom/dad.
- Irritability – most children will have received a drug called Versed prior to surgery. Waking up after taking this medication sometimes mimics waking up from a "hangover" – children may be irritable, crying, and regaining their bearings and awareness of surroundings. This will wear off.

**POST-OPERATIVE INSTRUCTIONS:** These tips will help to insure that your child is comfortable tonight, and over the next few days:



**Mild Fever & Soreness-** A normal reaction after surgery for children is a mild fever. Depending on the type of treatment your child had, especially crowns or extractions, it's normal to experience some pain or soreness. You should have Tylenol/Motrin for your child – Follow the directions on the package and give this over the counter medication for the next few days as needed until the pain or fever subside.



**Sore Throat-** Your child had a tube blowing air down their throat- it's normal to have soreness for a day or two. Make sure you child has plenty of access to room-temperature clear liquids (water, apple juice, sprite) and stays well hydrated. Milk, Gatorade or Orange Juice are not to be used for a sore throat.



**Take it easy!** Tonight, pop in a movie and let your child rest- they've been through a lot today! If your child had extractions, we would recommend that they slow down for tonight, so they don't disturb the blood clots that are forming in the sites where the teeth used to be. As their heart beats faster, the chance for bleeding to resume goes up. Use a paper towel or warm, wet tea bag, and have them gently bite/apply pressure. Repeat as necessary.



**No brushing tonight- then, start back up normally tomorrow.** There is no need to start brushing tonight- let your child relax and pick up the brushing tomorrow. When you start that, make sure to use gentle brushing around the extraction sites and around teeth that have new crowns. Brush all the other teeth like normal.



**Soft food diet for the next 2 days** - Generally, kids may be able to start eating semi-soft foods right away. We would still recommend a soft diet for at least 1 day. If they've had extractions, please provide a soft diet for 2 days to allow for extraction sites to heal.



**Bleeding-** Mild bleeding can come from extractions where teeth were removed, or from scraped-up gum tissue around your child's new crowns. Extraction sites have been stabilized in the operating room, and should not bleed profusely. Gum tissue may bleed occasionally, but will heal quickly. At night, a little bit of blood mixed with a lot of saliva, can look like a lot of blood. Your child should not have any heavy flow of blood in the mouth, but you may notice some oozing from extraction sites. Biting on a towel, or a warm teabag will help stop the oozing!

**What if I have questions or an emergency? Call Dr. Zev!** Your child has been through a lot and you might have some questions that you think of later. Feel free to call Dr. Zev if you have questions- we would rather answer a question over the phone, rather than have you assume something, which causes problems later. There is no question that is too small! Leave a message at 910-947-5433 and Dr. Zev will get back to you. Please note that you may speak to a different doctor than the one who did the surgery.

