



## General Anesthesia Post-OP Instructions

### Recovery:

#### **Getting home after the appointment:**

We prefer that 2 adults accompany the child home in case the child needs assistance during the transport. Ensure that the responsible adult accompanying the child is able to drive. We also recommend a plastic bag for the ride home in the case of any nausea or vomiting following surgery.

#### **Drinking and eating after getting home:**

It is important for your child to be well-hydrated after treatment. The first drink should be plain water then clear sweet drinks can be given. Things like clear juices, or Gatorade. **Warm soft food may be taken when desired and in small portions** such as Jell-o, pudding, soup, mashed potatoes or ice cream. Do not encourage eating too soon because your child's stomach may be upset. If your child sleeps for a few hours wake him or her to give liquids. Nausea and vomiting are not uncommon after surgery. If vomiting persists, contact the dentist or anesthesiologist.

#### **Numbness of the mouth; Persistent Cough:**

Your child's cheeks, lips and tongue may be numb after treatment. Please watch your child carefully for several hours to make sure she/he does not bite the cheeks, lips or tongue. The anesthetic gas used is very dry and sometimes irritating. This may cause hoarseness or a croupy cough. Either of these conditions should pass within the first day.

#### **Pain Management afterwards:**

Children's Acetaminophen (e.g Tylenol) or Ibuprofen (e.g. Advil or Motrin) every 6-8 hours will help alleviate discomfort and sore gums. Occasional post-operative fever may be managed with Acetaminophen also.

#### Additional Information:

Dental Care after treatment: If your child received any stainless steel crowns his/her gums will be especially sore, because they fit below the gums. These crowns will fall out with the baby tooth when the permanent/adult tooth comes in. We recommend avoiding sticky foods until the crown has come out. If your child has had crowns or space maintainers placed, please do not allow toffee, gum, liquorice or ice chewing to prevent displacing or distorting them.

Contact Us: Please feel free to contact us if vomiting lasts longer than 12 hours, or the temperature remains elevated longer than 24 hours, or there is any difficulty breathing, or your child appears inappropriately sedated. Please call our office if you have any concerns relating to your child's treatment.

Please call or text our clinic phone number if you have any questions or concerns: 256-398-6502