

# Hospital Pre & Post-Operative Instructions

Dental Haven ◦ Dr. Gonzalo Hernandez  
(Also see instructions issued by chosen hospital)

IT IS IMPORTANT FOR YOUR CHILD'S SAFETY THAT YOU FOLLOW THESE INSTRUCTIONS CAREFULLY. FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN SERIOUS INJURY OR EVEN DEATH.

**EATING & DRINKING BEFORE TREATMENT:** To avoid vomiting and complications during treatment with anesthesia, **\*\*DO NOT allow your child any food or drink (including water, milk and gum) after midnight the evening before and the morning of surgery prior to the scheduled procedure\*\*** unless directed by your doctor.

**CHANGES IN HEALTH:** Any change in the child's health, especially development of a cold or fever, within 7 days prior to the day of treatment, needs to be communicated with our office. For the child's safety, a new appointment may be made for another day. Please notify the office and hospital of any change in health prior to your appointment.

**MEDICATIONS:** Give your child only the medications which he/she takes routinely, such as seizure medications or prophylactic antibiotics, and those prescribed by your child's doctor (dentist). DO NOT give your child any other medications, before or after treatment, without checking with your doctor (dentist).

**ARRIVING:** A responsible adult must accompany the patient to the hospital and must remain at the hospital until treatment is completed. Plan to arrive early for your appointment.

**GOING HOME:** The patient must be accompanied by a responsible adult. Someone should be available to drive the patient home. The child should be closely watched for signs of breathing difficulty and carefully secured in a car seat or seat belt during transportation.

**ACTIVITIES:** DO NOT plan or permit activities for the patient after treatment. Allow the child to rest and closely supervise any activity for the remainder of the day. Because your child has received anesthesia, his/her balance may be affected over the next 12 hours.

**PAIN:** We used anesthetic during the dental procedure. Avoid chewing until the numbness has completely worn off in approximately 2-4 hours. Expect some gum and/or jaw discomfort. Tylenol or Motrin is sufficient for discomfort. *PLEASE FOLLOW INSTRUCTIONS ACCORDING TO THE MANUFACTURER'S LABEL.*

**EATING & DRINKING AFTER TREATMENT:** After treatment, the patient's first drink should be plain water. Sweet drinks can be given next (clear fruit juice or Gatorade). Small drinks taken repeatedly are preferable to drinking large amounts. Soft foods (not too hot) such as soups, spaghetti, mashed potatoes and pudding for 2-3 days after the dental procedure is suggested. You may advance your child's diet as tolerated and return to a normal diet as soon as possible.

**ORAL HYGIENE:** You may resume brushing and flossing the child's teeth the next morning.

**ELEVATED TEMPERATURE:** The patient's temperature may be elevated to 101°F/38°C for the first 24 hours after treatment. Tylenol administered every 3-4 hours and fluids will help alleviate this condition. Temperature above 101°F/38°C is cause to notify our office.

**SEEK MEDICAL ADVICE:**

1. If vomiting persists beyond 4 hours
2. If the temperature remains elevated beyond 24 hours or goes above 101°F/38°C
3. If there is any difficulty breathing
4. If any other matter causes concern

**FOLLOW-UP VISIT:** Dr. Hernandez would like to see your child after surgery for a follow-up visit in 10-14 days. Please call Dental Haven at (920) 739-6808 to schedule this appointment.

## **SPECIFIC PROCEDURE INSTRUCTIONS**

**STAINLESS STEEL CROWNS:** To protect your crown, avoid chewing ice or other hard, sticky foods. If the crown should come off, please save it and call the office.

**EXTRACTIONS:** It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain and speed the healing process. Your child will be sent home with gauze, and Gelfoam may also be placed in the extraction area. It is OK if the Gelfoam falls out, but if it does not, the body will absorb it. Saliva in the mouth will make it appear as if there is more blood. Some oozing is normal. Do not suck on a straw or use a sippy cup for the remainder of the day. A soft diet for a couple of days and a warm salt water rinse may be used the day after the procedure to aid in healing.

**RESIN FILLINGS/SEALANTS:** Avoid hard, sticky foods to protect your fillings and sealants. Hard, sticky foods will break or even pull off sealants and fillings.

PLEASE CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING TREATMENT:

**DENTAL HAVEN– DR. GONZALO HERNANDEZ – (920) 739-6808**