

# AFTER GENERAL ANAESTHETIC

## AT THE RECOVERY ROOM DISORIENTATION AND ANXIETY

Most children will feel disoriented when they wake up from a GA. About 12-13% of children may develop a more severe dissociated state of consciousness. A child may be very irritable, uncooperative, inconsolable, and not able to recognise familiar people or objects. This condition is usually self-limiting, last for 15 minutes or less. It is usually quite distressing for parents to witness these unusual behaviours. If necessary, the anaesthetist may prescribe some medication to calm your child.



**VOMITING** It is very common for children to vomit at the time of recovery due to swallowed blood or effect of anaesthetic. If there is excessive vomiting, some medication will be given to your child.

**REMOVAL OF IV CANNULA** This can cause some distress to your child, please support your child with lots of tender loving care.

## FOR THE NEXT 24 HOURS

**PAIN MANAGEMENT** For a few hours after the surgery the local anaesthetic will be working. Once you are home and your child has kept a bit of food down, then they can have some pain relief before the numbness wear off. Panadol works very well with dental post-operative pain.

**NAUSEA AND VOMITING** Some children will not be able to keep any solid down for the first 8 to 24 hours. Keeping fluid down is most important. If you are concerned about excessive vomiting in your child, please do not hesitate to contact us or the anaesthetist.



**BLEEDING** If your child has had tooth/teeth taken out, the site(s) may ooze blood for the rest of the day. This is normal. You may be given packs to take home in case the bleeding increases. Bleeding will cease with pressure from a gauze pack gently bitten on for 10-20 minutes. Blood stained saliva is common for 24-48 hours and is not a cause for concern.

If at all concerned, please call  
**KIDDIES DENTAL CARE**  
on 9372 8960  
(during business hours)  
or the Dentist on Pager Service:  
1300 555 555, Page 177 776  
(EMERGENCY ONLY)

**NUMB LIP/CHEEKS** After the local anaesthetic for 3 to 4 hours, your child's lips/cheeks may feel numb so make sure they don't accidentally bite them, also keep their fingers out of their mouths so the extraction sites can heal properly and don't get infected.

**STITCHES** If any, these will dissolve in 1-2 weeks.

**NEW BITE** With the placement of multiple fillings/crowns or the extractions of teeth, the bite of your child will not feel the same. Do not expect your child to chew the way they were used to for quite a few days. Most children will adjust to the new bite within 1-2 weeks. Children who are very sensitive to changes may feel quite disturbed, they may refuse eating, or do not want to put the teeth together, when this happens, you will need lots of patience to your child, and lots of reassurance that things will be ok. Slowly introduce foods that are soft, and easy to swallow, or items that they like to eat, and do make sure there is enough fluid intake.

**ANTIBIOTICS** In light of recent scientific research, antibiotics are no longer prescribed for routine extractions. 1-3% of extraction sockets will become infected and these are usually easily treated with antibiotics. Signs of infection are increasing pain and swelling usually around day 3-5 following the extraction

### WHAT TO EAT AND DRINK

*Once you get home, your child may gradually take fluids to make sure their stomach is settled before taking medication and more substantial food. If they have had tooth/teeth taken out, avoid any dairy products for the first 24 hours. (If they swallowed some blood, the blood and dairy products don't mix well in the stomach). Stewed apples are good to have initially as they have a nice fresh taste. Smoothies made with fruit juice and various fruits are tasty as well as more filling than plain fluids. Avoid foods and beverages that are too hot or cold. Make sure they have a good drink of water after eating to keep their mouth clean*

**ORAL HYGIENE** Resume normal toothbrushing as early as possible, this will not damage the healing sockets. Mouth rinsing on following day with warm salt water is recommended



**FOR THE NEXT FEW WEEKS** If you have any concerns about your child's dental treatment and would like to see our dentist, please do not hesitate to contact our office for assistance. Call 9372 8960. This is a free service valid for 6 weeks after treatment today

**HOME PREVENTIVE CARE** Please refer to our information sheet attached or our Wonderful World of Teeth area on our website for brushing and flossing instructions



**ONGOING DENTAL CARE AND NEXT DENTAL APPOINTMENT** Please organise a preventive care visit in 3 months time at **Kiddies Dental Care** or your regular dentist. It is through diligent home dental care maintenance and regular check-up to prevent future dental problems.

### REGULAR PREVENTATIVE CARE CHECKUPS

**At Kiddies Dental Care we have a Preventive Care Team** - In our practice, we believe prevention is always better than cure! Our Oral Health Therapists specialise in preventive dental care. During the preventive care visits a thorough dental examination will be conducted and diagnostic information like x-rays and photos may be taken

Preventive treatment such as cleans, fluoride treatment, fissure sealants may be undertaken when indicated, following discussion with you. We recommend preventive care visits every 6 months, however, our team will advise the most appropriate time between visits for your child according to his/her needs.

### CHANGES IN TREATMENT PLAN

Due to the availability of x-rays, the status of your child's teeth was confirmed. The most appropriate treatment was carried out for each tooth according to today's status. Therefore there may be changes to the original treatment plan, hence a difference in cost for the dental treatment (and possibly hospital fee, and anaesthetist fee).

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