

# Dental Surgery

## Discharge instructions for home

**Your child received the following treatment:**

- Sealant(s)
- Tooth-colored crown(s) or filling(s)
- Silver filling(s)
- Silver crown(s)
- Nerve treatment
- Extraction(s)

### When can my child eat and drink?

- Liquids are important right after surgery. Offer your child juice, water or sports drinks several times a day.
- Give a soft diet for at least 24 hours. Applesauce, Jell-O, soup, noodles, pudding and oatmeal are good choices.
- Your child can return to a balanced diet 1 day after surgery.

### Will my child have pain?

- Your child received pain medicine while asleep. It will begin to wear off in 2 hours.
- Begin with acetaminophen (Tylenol) or ibuprofen (Motrin) to relieve discomfort. It is not uncommon to have sensitive teeth after fillings are placed. Avoid hot or cold foods.
- Your doctor may provide a prescription for pain medicine. Ask for one if you feel your child needs it.
- Pain can last for a few days. Call if the pain is greater on the third day after surgery.

### Brushing

- If your child had teeth removed, help your child to brush gently to avoid disturbing the clot, as this may cause bleeding.
- The fluoride varnish has a yellow color that will come off with brushing over the next few days.
- Brush at least twice a day to prevent new cavities.

### How do I care for the extraction site?

#### Numbness:

- If your child had teeth removed, local anesthesia (like Novocain) was used. It will wear off in a few hours.
- Watch so your child avoids chewing his lips and cheeks.

#### Swelling:

- It is not uncommon to notice some swelling of the lips or around the area where the tooth was pulled. This should go away in 5 to 7 days. If it is increasing after the third day after surgery, call 206-987-2243.
- Place ice packs 20 minutes on and 20 minutes off to help limit swelling.

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### To Learn More

- Dental Clinic  
206-987-2243
- Emergency Department  
206-987-2222
- Your child's  
healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers:  
206-987-2280 (TTY).

### Bleeding:

- A small amount of bleeding is expected from the mouth. Slight oozing can last all day and make the saliva look reddish.
- Biting on gauze creates pressure and will help stop the bleeding.
- If bleeding is a problem, call 206-987-2243 during the day and 206-987-2222 at night.

### Taking care of extraction sites:

- Do not rinse mouth or use a straw for 24 hours.
- If stitches were used, they will dissolve on their own.

### Vomiting

It is not uncommon for a child to have an upset stomach or to vomit after a general anesthetic. If your child continues to vomit or has any of the warning signs listed below, please call one of the numbers listed.

### When should I call the doctor?

If your child has any of these warning signs, please call us:

- Fever over 101.5 F for more than 24 hours
- Swelling seems worse after 3 days
- Pain is greater after third day
- Not able to pee in 8 to 12 hours
- Vomiting
- Other concerns

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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