

Home Care for Children Having Dental Rehab

Your child may feel sleepy for the next 24 hours after anesthesia. Please do not leave your child alone. Your child should rest at home but may want to be active. Don't let your child do any hard playing or anything that needs quick reflexes for 24 hours. After 24 hours your child can return to their normal routine.

Your child may have some nausea and vomiting but this should only last a short time. If your child does vomit, wait about 30 minutes before giving liquids such as water or clear juice. If there is no nausea, move slowly to a regular diet. Start with clear liquids and stay away from fatty food and dairy products.

Bleeding: Your child will likely have bleeding around the gums after cleanings, fillings, crowns, or extractions. This should stop within a couple of days. Unusual or constant bleeding might happen if teeth were removed. Place cotton gauze or a tea bag firmly over the extraction area. Have the child bite down or hold it in place for 15 minutes. Repeat if needed and call your dental clinic if bleeding does not stop.

Pain: Your child may or may not feel sore. Your child may also have a sore throat after anesthesia for 24-48 hours. You may give Children's Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen) if needed.

Saltwater rinses: After brushing teeth, your child should rinse with warm saltwater (1 teaspoon of salt in 1 cup warm water). Do this 2-3 times a day, for 2-3 days.

Fever: A low-grade fever, 99-100° F, is normal. If your child still has a fever over 101.5° for 24 hours, please call your child's doctor or urgent care.

Care of the Mouth After Extractions

Watch your child closely.

- Keep your child on a liquid and/or soft diet until the mouth is no longer numb.
- Do not let your child scratch, chew, suck, rub, or injure the lips, tongue, or cheek while the mouth is numb.
- Do not let your child rinse the mouth for several hours.
- Do not let your child spit a lot.
- Do not let your child drink carbonated drinks (Coke, Sprite, etc.) for the rest of the day.
- Do not let your child drink through a straw for 24 hours.
- Keep your child's fingers and tongue away from the extraction area.
- Do not let child brush teeth until the next day.

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