

## General Anaesthetic After Care Instructions

Your child's recovery from their general anaesthetic procedure may take one or two days. Initially please ensure that your child rests quietly at home and take good care of their mouth and teeth to ensure good healing and recovery. Please also follow these guidelines:

### EATING AND DRINKING:

- The first meal following the procedure should be light
- Avoid hot food and drink for 12 hours
- A soft diet is recommended for the first 24 hours and may be necessary for your child for longer if teeth have been extracted
- Attempt to return your child to their usual diet within a couple of days unless otherwise indicated
- If your child had extractions avoid seeds, rice and hard foods for a few days

### NAUSEA AND VOMITTING:

- This is common after general anaesthetic procedures
- If this occurs stop food and drink for an hour then give small sips of clear fluid until your child feels better

### PAIN RELIEF:

- For mild to moderate pain or discomfort you should give your child the appropriate dose of Panadol or Nurofen. If necessary you can use both Panadol and Nurofen at the usual dose for your child.

### BLEEDING:

- A little bleeding from the mouth is expected if teeth have been extracted and may continue for up to 24 hours
- Should more bleeding occur place a clean piece of gauze, a handkerchief or face washer directly over the bleeding and apply gentle but firm pressure for 20 minutes
- If sutures (stitches) have been placed they will dissolve unless otherwise indicated

### ORAL HYGIENE:

- Do not rinse the mouth in the first 6 hours following your procedure
- Gently rinse the mouth with warm salty water (one teaspoon dissolved in one glass of water) 3-4 times a day for a week (especially after extractions) to help avoid infection.
- Begin with gentle toothbrushing away from the extraction sites the day after the procedure returning to normal brushing and flossing within a couple of days

### POSSIBLE COMPLICATIONS:

- A sore throat may occur for a day or 2 due to the tube placed down the windpipe to help your child breathe during the operation
- Bruising at the site of the local anaesthetic injection may appear and be present for a few days
- Your child's bite may feel a bit different for a few days especially if any crowns have been placed.

Please ensure your child attends their post-op review appointment.

If you have any problems please contact the practice on **(03) 7036 5552** or call **Dr Hinckfuss** on **0428 832 362**.



**Dr Susan Hinckfuss**  
Specialist Paediatric Dentist  
BDS (Melb), DCD (Melb)