

**VALLEY DENTAL PEDIATRICS**  
**DR. GARY BIGSBY, DMD**  
OFFICE (607) 754-3903 HOME (607) 748-2395

POST-OPERATIVE INSTRUCTIONS  
FOLLOWING DENTAL TREATMENT UNDER GENERAL ANESTHESIA

- **DIET for the next 24 hours:**

Encourage liquids

Soft, lukewarm to cool foods.

Example: pasta, eggs, ground meat, soup, yogurt, jello, and soft cheese

Avoid spicy, hot, hard, chewy and crunchy foods

Example: apples, tortilla or potato chips, candy, popcorn

- **PAIN MANAGEMENT:**

Tylenol (dose per weight of child) for pain or fever.

**Facial swelling:** Apply ice pack or frozen peas bag to site.

Motrin or Advil if child develops facial swelling.

If facial swelling or fever occur, call the number above.

- **PHYSICAL ACTIVITY:**

None, until the day following surgery. Quiet activities only (example: reading, videos, coloring)

- **ORAL HYGIENE:**

Resume routine brushing on the day following surgery. Be advised that certain sites on the gingiva may be tender.

- **ADDITIONAL INSTRUCTIONS:**

Discourage spitting, using drinking straws, and fingers to extraction sites.

Frequent, warm saltwater rinses starting the day following surgery.

**Bleeding:** Apply direct pressure with a gauze pad for a minimum of 15 consecutive minutes. If bleeding persists, call the number above.

- **FOLLOW UP:**

If you do not hear from us within 24 hours please phone our office at (607) 754-3903 to arrange a follow up evaluation.

**OTHER INSTRUCTIONS:**