



How to look after Your Child after General Anesthesia

Taking your child home:

If your child rides in a car seat, tip the car seat back slightly. Your child's head should be up and back. If his or her head falls forward, he or she may have trouble breathing. Make sure that your child is properly belted in for the ride home. It is always best to have one adult ride in the back seat beside your child so that he or she can supervise your child.

Activity:

Your child initially will be unsteady on his or her feet. If your child appears this way, do not let him or her run, walk or crawl on his or her own. He or she may feel groggy or dizzy for up to 1 day. Your child will require adult supervision for any activity that requires balance and concentration for the next 12 hours.

Food:

As soon as your child is alert, he or she can have clear fluids (apple juice, ginger ale, popsicles, jell-o, broth). Remember that your child's mouth may be numb for the next 3 hours and make sure the temperature is not too hot. Once your child is able to drink fluids without vomiting, slowly introduce more solid foods. If your child had extractions, avoid straws and stick to softer foods for a few days.

Sleep:

At night your child may not sleep like he or she does normally, especially if they slept at their dental appointment, but this behaviour will return to normal in the next few days.

Oral Hygiene

Do not brush your child's teeth or have them rinse for the rest of the day. The next day gently brush the areas of the mouth that did not have an extraction. If your child is able to rinse, they should rinse after eating to keep the extraction sites clean.

Fever

Your child may develop a low grade fever (below 38°C) for 8-12 hours. This is not a concern as long as your child is drinking fluids and appears well. A high grade fever or any difficulty breathing is a concern and requires immediate attention.

Swelling

Your child's face may be slightly swollen after dental treatment. This swelling however should begin to reduce by the next day. If the swelling is increasing or if your child has difficulty swallowing or breathing, contact our office immediately.

When to call the dentist or doctor?

Get help immediately (911) if your child is having problems breathing, if your child's breathing is shallow, slow or different than usual or if your child's skin color is grey. Call our office if you are having trouble waking your child, your child throws up more than twice or if you have any concerns at (306) 374-7111.

