

## Dental care for children under general anaesthesia

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After the procedure, we will monitor your child in the recovery room for about 3–4 hours. The child should remain indoors on the day of the procedure. The child must not be left alone without adult supervision because the effects of the anaesthetic persist for several hours after the child wakes up. The child may play if he/she feels up to it. The child may go to school or daycare 1–2 days after the procedure.

### After cavity filling

After cavity filling, the child may eat and drink normally as soon as is possible after general anaesthesia. There is usually very little need for pain medication.

### After tooth extraction

#### Bleeding

It is normal for the extraction sites to bleed during the first 24 hours. If there is a lot of bleeding, apply a wad of gauze to the site and bite down on it for at least 30 min. If the bleeding is heavy and will not stop, contact the hospital. If the wound is closed with stitches, they will dissolve within about two weeks.

#### Pain

The extraction sites may be painful. Medication to control pain, either normal over-the-counter painkillers or medication prescribed by your doctor, is recommended for a few days.

#### Eating

To prevent bleeding, eating cool, soft foods is recommended the first 2–3 days.

#### Physical activity

Strenuous physical activity and sauna baths should be avoided for a few days.

#### Follow-up appointments

Dental care will continue at the dental clinic at your own health centre.

#### Dental care at home

Tooth brushing may be resumed the day following the procedure. Brush teeth morning and night for 2–3 minutes with fluoride toothpaste. The toothbrush should be sufficiently soft and suitable in size for the child's mouth. Even if the child is old enough to brush his/her teeth, parents should supervise and help with brushing to ensure effective cleaning and correct dosing of toothpaste.

Toothbrush should be replaced at regular intervals, every 2–3 months. After a dental procedure, replace the toothbrush to avoid recontamination of the mouth with bacteria. Do not brush teeth immediately after eating or drinking acidic foods or beverages as it may damage the enamel. Regular brushing morning and evening, avoiding sugar, and using xylitol products are the foundation of good dental care.

### **Please get in touch if:**

- there is significant bleeding from the wound
- there are signs of infection in the wound: increasing pain, warmth, redness, swelling, pus secretion, or a fever above 38°C.

### **Contact information**

Outpatient Clinic for Dental, Oral and Maxillofacial Diseases  
Phone hours: Monday to Friday, 8 am–10 am and 12.30 pm–2 pm  
Tel. 02 627 7227

Day Surgery Unit  
Monday to Friday, 8 am–3 pm  
Tel. 02 627 3840

Paediatric Ward  
Tel. 02 627 6512

