



Dental

Going home after bub's dental procedure

A day after surgery bub can start brushing their teeth and gums using **Chlorhexidine oral gel (Curasept)** every morning and night for 7 days.



- Do not rinse mouth with water for 1 hour after brushing.
- Do not use normal toothpaste for 7 days.

Watch bub closely to make sure **they don't bite, suck or play with their numb lip, cheek or tongue** if they had a local anaesthetic, to help with their pain.

Good to know

- **A responsible adult must stay with bub for at least the first 24 hours.**

If bleeding starts after the procedure:

- Rinse mouth out with cold water or suck on an ice block.
- Fold a piece of gauze or clean cloth, put over the area bleeding, and bite firmly. This puts pressure on the gum continue biting down on cloth for 30 minutes. Repeat if needed.
- Contact hospital if bleeding continues.



You must return for a follow up appointment in _____ weeks.

Pain control

Paracetamol (Panadol)

Given at:

Next dose at:



No more than 4 times in 1 day
see packet instructions

Ibuprofen (Nurofen)

Given at:

Next dose at:



No more than 3 times in 1 day
see packet instructions

Diet for at least 1 day until bub can handle normal food

- **No sticky or chewy food** like chewing gum, skittles, gummy bears, dried fruits or fruit roll-ups, thick and chewy bread and some chewy meats.
- Bub should have **soft food** like soft cooked or mashed veggies, baked beans, soft fruit like bananas or sandwich.
- **No hot/warm** food and drinks.
- **No greasy or fatty** foods.
- When bub is able get them to drink water and slowly give more.



Vomiting

- If bub vomits, wait half an hour, then start them sipping water.
- Slowly increase the amount if bub can handle it.

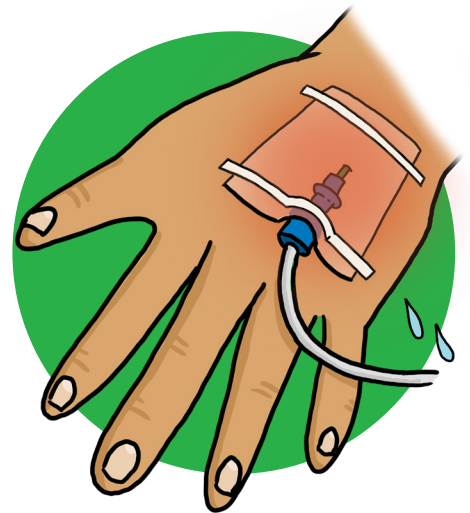
See a GP or health clinic if:



Bub has problems peeing



Keeps vomiting



Area on hand where IV was starts to swell, becomes painful and red

If you have **any concerns** after leaving the hospital, **please call (08) 6456 2222** and ask for:

- the Surgical Short Stay Unit between 7am and 9pm, Monday to Friday.
- after these hours ask for Ward _____
- or see your GP or health clinic.

For **appointment details**, cancel or change your appointment, please call Outpatient Direct on **1300 855 275**.



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Child and Adolescent Health Service

Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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