

POST OPERATIVE CARE FOR EXTRACTION IN CHILDREN

When your child has had one or more teeth extracted please follow these instructions:

- Activity may need to be limited for 4-6 hours after extraction.
- Gauze should stay in place with biting pressure for approximately 10 to 15 minutes after you leave our office. When you remove the gauze it will be soiled; this does not mean your child is bleeding. Often the blood clot will mix with saliva and appear as excessive bleeding. Leave the gauze out and encourage plenty of liquids.
- Do not allow your child to drink through a straw, spit vigorously or for our younger patients, use a "Sippy" cup for a period of 2 to 3 days as this may disturb the healing clot and possibly cause infection.
- Your child should try to maintain as normal a diet as possible avoiding foods that are sharp, crunchy, too hot or too cold because the area may be sensitive. Pasta, mashed potatoes, scrambled eggs and yogurt are just a few examples of the diet your child can immediately resume. Encourage plenty of liquids (water, soups, juices, etc.). Let your child determine when a regular diet can be reintroduced.
- Prescriptions for pain medication are rarely necessary following routine tooth extractions in children. For any discomfort, give your child children's Motrin or Tylenol as directed by the manufacturer as needed. Do not give aspirin. Your child should only need the pain medicine for 24 hours to 48 hours. If pain persists beyond 48 hours, please call our office.
- Swelling is seldom seen in children following routine extractions. If swelling does occur, the application of an ice pack over the swollen area will be helpful (15 minutes on and 15 minutes off, as needed in the first 24 hours following tooth removal).
- A clean mouth heals faster. 24 hours after the procedure, gentle brushing around the extraction site can begin, along with warm salt water rinses (1/4 teaspoon salt to a glass of warm water) to help with any discomfort.
- Your child's cheek, lip and tongue will be numb for approximately 2 to 3 hours. Please be very careful that your child does not bite or pick at this area. A self-inflicted bite injury is the most common after treatment complication.

Please do not hesitate to call the office if there are any questions.