

POST-OPERATIVE INSTRUCTIONS-EXTRACTION

Children may find it difficult to understand the sensation of being numb after a dental appointment. It is important to reassure them that the “funny feeling” will go away in a couple of hours.

It is imperative that you watch your child to prevent trauma to your child’s lips or cheeks. It may take 1-4 hours for the numbness to wear off.

- Have your child bite on the provided gauze until bleeding is controlled, which may take up to 30 minutes.
- Do not spit excessively.
- Keep fingers and tongue away from the extraction area.
- A small amount of oozing is normal; however, if bleeding becomes heavy have your child bite on a gauze for 15 min. This can also be accomplished with a moist tea bag.

For the first 24 hours AVOID

- Sippy cups, bottles, straws and pacifiers. The sucking action may cause prolonged bleeding.
- Salty, spicy, acidic or crunchy as this may irritate the extraction site.
- Strenuous activity, as this may increase bleeding from the extraction site

Diet

Maintain a soft diet for a day or two. Cold and/or soft foods are a great choice (i.e. ice cream, applesauce, mac and cheese, etc.)

Pain -For discomfort use Children's Tylenol, as directed for the age and weight of the child. Avoid ibuprofen or aspirin as these can prolong the bleeding.

Oral hygiene -A clean mouth heals faster. Gentle brushing can be resumed today.

