

Post-Extraction Instructions

Numbness

Your child's mouth will be numb for a period of time that varies between 30 minutes and 4 hours. Watch to see that your child does not bite, suck on, scratch or injure the cheek, lips, or tongue during this time.

Bleeding

After dental extractions your child will have gauze pressure packs placed to control normal bleeding from the site of the extraction.

- Avoid strenuous exercise for several hours after extraction.
- Do not allow your child to spit, suck from a straw or drink carbonated beverages for 48 hours as this may prolong bleeding due to disrupting the normal blood clotting process.
- If the site continues to ooze (pink or blood tinged saliva) for a prolonged period of time, putting pressure on the area using gauze, a washcloth, or biting on a tea bag will help stop the bleeding.

Pain

Most dental extractions are routine and your child may not need any pain medication. That being said, it is common to have some discomfort after an extraction. To minimize pain, take an "over-the-counter" pain reliever such as Ibuprofen (Advil) or acetaminophen (Tylenol), to alleviate discomfort. Avoid Aspirin.

Diet

After dental treatment, especially dental extractions, your child's diet should initially consist of soft foods and non-carbonated beverages. Avoid eating crunchy or sticky foods. By the 2nd day, consistency of foods can progress as tolerated.

Hygiene

It is important to keep the mouth clean to help with healing. Today, avoid stimulating the surgical site, but gently brush and floss the rest of the mouth. Within 2-3 days, normal brushing/flossing should be resumed in the area of the extraction.

Spacers

Once a tooth has been removed, neighboring teeth may shift causing problems with eruption of the permanent teeth. To avoid this complication, we may recommend that you maintain the space for the permanent tooth by having a space maintainer (spacer) made.

We are certain your child will do well. If you have any questions, please feel free to contact us.