



Post Extraction Care Instructions

Your child had one or more teeth extracted today. The following instructions will aid you in care:

- Gauze should stay in place with gentle biting pressure. Change the gauze every 15-20 minutes until the bleeding subsides. If your child will not keep the gauze in his/her mouth, check the area(s) periodically until the bleeding has stopped.
- Give your child children's Ibuprofen (Motrin, Advil) or children's Acetaminophen (Tylenol) to help alleviate any pain or discomfort. If pain persists for more than 48 hours, please contact our office.
- Your child should eat only soft food for the next few days because the area(s) may be sensitive. Let your child determine when a regular diet can be reintroduced.
- NO drinking through a straw or sippy cup. This action can start the area(s) bleeding again.
- A clean mouth heals faster. Gentle brushing around the extraction site can be started immediately, along with warm salt water rinses (1/4 teaspoon salt to a glass of warm water) if necessary to relieve discomfort. Salt water rinses are not recommended in young children.
- Activity may need to be limited. Swimming is not recommended for several days following an extraction. Activities that require running and jumping are not advised the day of the extraction procedure.
- Swelling of tissue in the area of the extraction is common and should not cause alarm.
- Your child's cheek, lip and tongue will be numb for a period of time. Please be very careful that your child does not bite or pick at this area and cause a self-inflicted injury.

If you have any concerns or questions, please contact our office.

