

## Post-Op Instructions for Children after a Tooth Extraction.

1. Your child has had 1 or more teeth removed today.
2. The gauze needs to stay in place with biting pressure for 30 minutes. This will reduce the amount of bleeding. Some extra gauze has been sent home with you in case more is needed. Bleeding is a normal occurrence after this procedure and part of the healing process.
3. Give your child the appropriate dose of children's Tylenol, Motrin or Advil when you take the gauze out (NO aspirin). Your child should only need this for approximately 12 to 24 hours. If pain persists beyond 48 hours, **please call our office.** (518) 601-2220
4. Your child should eat only soft, bland food for the first couple days- nothing sharp, crunchy or too hot or cold because the area may be sensitive. Encourage plenty of liquids (water, soups, juices, etc.). Avoid carbonated beverages (soda pop). Let your child determine when a regular diet can be reintroduced.
5. NO spitting or drinking through a straw or "sippy" cup. The force can start the bleeding again.
6. A clean mouth heals faster. Gentle brushing around the extraction site can be started immediately along with warm salt water rinses (1/4 teaspoon to a glass of water) to aid with any discomfort.
7. Activity may need to be limited. Sometimes a nap is a good idea.
8. Swelling after an extraction is not uncommon and should not cause alarm. If this occurs, apply an ice pack for 20 minutes on and 20 minutes off as needed in the 24 hours following tooth removal.
9. Your child's cheek, lip and tongue will be numb for approximately 1-2 hours. Please be very careful that your child does not bite at his/her cheek or pick at this area. As this area "wakes up" it may feel funny. A self-inflicted bite injury is the most common post-op complication. Please keep an eye on your child!