



Extraction Post-op Instructions for Parents

1. Your child has had 1 or more teeth taken out – “wiggled”.
2. The gauze needs to stay in place with biting pressure for 15 minutes.
3. Give your child the appropriate dose of children’s Tylenol, Motrin or Advil when you take the gauze out. Your child should only need this for approximately 12 to 24 hours. If pain persists beyond 48 hours, call our office.
4. Your child should eat only soft food for two to three days – nothing crunchy and nothing too hot or cold because the area may be a little sensitive. Encourage plenty of liquids (water, soups, juices, etc.). A regular diet can be started as tolerated by your child.
5. **NO SPITTING OR DRINKING THROUGH A STRAW OR SIPPY CUP!** This 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 need not cause alarm. Apply an ice pack for 15 minutes on and 15 minutes off as needed in the 24 hours following tooth removal.
9. **Your child’s cheek, lip and tongue will be numb for approximately 2 hours. As this area “wakes up” and the numbness goes away, it may feel funny. Please be very careful that your child does not bite at his/her cheek or pick at this area. Liquids or non chewing foods only during the 2 hours: smoothies or milk shakes (no straw!), yogurt, pudding, apple sauce are allowed.**