

## POST EXTRACTION INSTRUCTIONS

**Bleeding:** The patient needs to bite on the gauze for 20 minutes after leaving the office. More gauze pads are provided. *For very young children*, the parent or guardian will have to press the gauze in place. If the bleeding continues, place one piece of firmly folded gauze in the mouth and have the child bite on the gauze for another 20 minutes. If the bleeding continues, have your child bite on a wet tea bag (the tannic acid promotes clotting).

**To protect the clot:** The child should be encouraged to swallow and not spit for the rest of the day. Don't allow your child to suck liquids through a straw for 24 hours to avoid pulling the clot.

**To protect the numb lip or cheek:** Please make sure that your child does not bite, chew, suck, rub or scratch, or poke their finger at the anesthetized area. The tingling sensation may last for 2-5 hours.

If a cheek or lip bite occurs, it appears as an oblong or round raised white-gray coated patch on the cheek or along the lip (where the teeth meet). Use cold compresses to reduce swelling and administer a Tylenol-type medication for discomfort. Do not try to rub off the soft scab. It takes several days for the area to heal. Avoid salty or rough foods. Normally, antibiotics are not necessary, but if the injured area becomes infected or is not getting better after 48 hours, please call us.

**Healing:** It takes several days for the gum tissue to close over the bony socket. If there was a dental abscess or infection, there may be slight drainage of the infection for a day or so. There may be a stain on the morning pillow.

**Activity:** Keep activity level low today: no swimming or running around for 24 hours.

**Food:** After the anesthesia has worn off, a regular diet is fine but avoid salty or rough foods such as chips, pretzels, or crusty breads. Encourage eating on the untreated side for a day or so.

**Pain:** The local anesthetic will be effective for pain control for several hours. Most children have little discomfort from simple extractions. A Tylenol-type medication may be used.

**Brushing:** Resume brushing today but clean the extraction site with a wet Q-tip or cotton ball.

**Oral Rinses:** If your child is able to "swish and spit", after 24 hours, we suggest rinsing the mouth with warm salt water 3-4 times a day for a few days. Use ¼ tsp. salt in 6 oz of warm water.

**Antibiotics:** Doctor will decide if antibiotics are needed, depending on the reason for the extraction. Parents should watch for signs of infection such as redness, pain, swelling or pus.

**Questions:** If you have any questions, please call us at the Office. We are available after hours through the answering service.