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Post-Operative Instructions for *Extractions*

Today your child had a tooth “wiggled” out (extracted) which required the area around his/her tooth to be numbed (“put to sleep”). Reasons to extract a tooth include making room for other teeth which are coming in or because the tooth is destroyed/unhealthy and cannot be saved.

As the tissue area heals after this procedure, we request that you please follow these instructions:

1. The local anesthesia that was given to put your child’s “tooth to sleep” will wear away within the next **2-3 hours**. It will be important to watch your child to ensure he/she does **not** suck or bite his/her tongue, cheek or lip. Please know that some children become very upset and even hysterical complaining of “pain” when they realize that their mouth “feels different”. **Please do not be alarmed!** Do reassure your child that the tooth will wake up and that the “funny feeling” will go away soon.
 - a. If you child **does** bite/suck his/her tongue, cheek or lip, the area will turn into a whitish colored scab. **Please do not be alarmed!** It is **not** infected and will heal within 5-7 days. Apply an ice pack, 15 minutes on/off for the first three days for an hour, three times a day. You may give your child Tylenol or Motrin as needed. Please call the office ***immediately*** if the wound does **not** appear to be healing in 5-7 days or appears to be infected.
2. Continue biting on the gauze for **at least 30 minutes** or until the bleeding has stopped. This is important for the blood clot to form and begin the healing process. If there continues to be some oozing, you can place a tea bag on the extraction site (rolled in a paper towel) and have your child bite down on it. At bed time, place a towel on your child’s pillow in the case any oozing occurs while sleeping. However if the bleeding does **not** stop, please call our office ***immediately***.
3. For the next **24 hours** do **not** let your child:
 - a. Rinse and/or spit
 - b. Drink from a straw
 - c. Put his/her fingers/any objects in his/her mouth
 - d. Do any excessive physical activity/exercise
4. A **soft diet** is recommended for the next 2-3 days (i.e. **milkshake/smoothies, ice cream, jello, pudding, pasta, etc.**). **Avoid** drinking carbonated beverages and eating hard, crunchy or acidic foods (i.e. **soda, potato chips, pretzels, popcorn, orange juice**) that can disrupt the blood clot and get stuck in the socket as it heals.
5. Over the counter pain medicine (i.e. Tylenol or Motrin) may be given at the appropriate dose to eliminate any discomfort.
6. Brushing and flossing is encouraged **except** around the extraction site for the first 24 hours. At the extraction site, use a moistened washcloth to cleanse the gum tissue and remove any food debris. Starting **tomorrow**, warm salt water rinses can be done to keep the extraction site clean and to accelerate healing (try to do after each meal).

If you have any questions/concerns, please call the office at **571-799-0559**.