

# EXTRACTION POST-OP

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE OFFICE 289-634-1088

## WHAT YOU MAY EXPECT

### EXTRACTIONS

Some discomfort, bleeding and /or swelling is expected after having a tooth removed. A small amount of blood mixed with saliva is normal for the first day. If the area continues to bleed, bite on the gauze provided to you. Roll the gauze, and place it over the wound and keep the jaw firmly closed for 20 minutes. Please do not use tissue. If the bleeding continues, please contact our office. If you child requires pain management please take children's every 4-6 hours as needed.

Do not rinse, suck through a straw or spit for 24 hours.

#### **A. SWELLING**

This may occur after the removal of a tooth and is quite common if the extraction was difficult. The swelling will go down after 48 hours. A cold compress may be applied to the cheek in the area of the extraction, to minimize the swelling. This can be done for up to 6 hours after surgery.

#### **B. DIET**

Generally, you may eat what you can comfortably, but soft, easy to digest foods are recommended for the first few days. Drink lots of water to promote healing and hydration.

#### **C. ACTIVITY**

Please keep activity light for the first 24 hours to allow for proper healing. Vigorous activity can cause the socket to bleed

#### **D. ORAL HYGIENE**

It is very important to keep the mouth and teeth clean. Brush your teeth normally,

# AFTER TOOTH EXTRACTION

Help Your Child Heal Comfortably



A little extra care during the first few days helps the area heal and keeps your child comfortable.

## THE GOAL:

- ✓ Protect the blood clot
- ✓ Reduce discomfort and swelling
- ✓ Prevent infection
- ✓ Promote healing

## HOW TO CARE FOR YOUR CHILD AT HOME



### 1 MANAGE SWELLING

Apply a cold compress to the outside of the cheek for 10–15 minutes at a time for the first 24 hours. Repeat as needed.



### 2 SOFT FOODS ONLY

Offer soft, cool foods for the first 24–48 hours. Avoid crunchy, hard, spicy, or acidic foods.



### 3 NO STRAWS

Avoid straws for at least 72 hours. Suction can dislodge the blood clot.



### 4 BE GENTLE

Do not rinse, spit, or use mouthwash for 24 hours. After that, rinse gently with water.



### 5 REST & RELAX

Encourage quiet activities and rest. Avoid vigorous play or sports for 2–3 days.



### 6 KEEP IT CLEAN

Brush other teeth gently and keep your child's mouth clean. Avoid brushing near the extraction site for 24 hours.



## WHEN TO CALL US



Bleeding that does not stop after gentle pressure with gauze



Swelling that gets worse after 48–72 hours



Fever over 100.4°F (38°C)



Severe pain that is not improving with medicine



Bad taste, foul odor, or pus drainage



Trouble eating or drinking



## HEALING TIMELINE

Most children feel better each day. Healing usually takes 7–10 days.



## YOU'RE DOING GREAT!

A little extra care now = a smooth, healthy recovery.

*We're always here if you have any questions or concerns!*

