EXTRACTION: Child

Post-Operative Instructions

Restoration DENTAL STUDIO

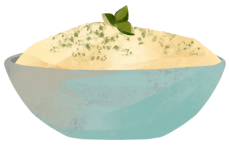
- Your child has had 1 or more teeth removed today. After procedures such as this one, activity may need to be limited - sometimes a nap is a good idea.
- Your child's cheek, lip, and tongue will be numb for approximately 1-2 hours, but numbness may last longer. **Please be sure that they are very careful and do not bite at their cheek or pick at the area.** As the area "wakes up" it may feel funny. A self-inflicted bite injury is the most common post-op complication, so please monitor them closely while numb!
- **The gauze needs to stay in place with biting pressure for 30 minutes.** This will reduce the amount of bleeding. Mild bleeding is a normal occurrence after this procedure and is part of the healing process.
- **Make sure that your child DOES NOT spit or drink through a straw or "sippy cup."** This force can cause bleeding to start again and may cause other post-op complications.
- You may give your child the appropriate dose of children's Tylenol, Motrin, or Advil IF NEEDED when you take the gauze out (**NO** aspirin). Your child should only need this for ~12-24 hours, if at all. Please refer to dosing and instructions on the packaging of the medication. If pain persists beyond 48 hours, please contact our office.
- Your child should only eat **soft, bland foods (such as mac 'n cheese, mashed potatoes, jello, etc.)** for the first couple of days. **Nothing sharp, crunchy, too hot, or too cold because the area may be sensitive**. Encourage plenty of liquids (water, soup, juice, etc.) and **avoid carbonated beverages.**
- Mild swelling after an extraction is common and should not cause alarm. **If swelling occurs, apply an ice pack (20 minutes on, 20 minutes off)** as needed in the 24 hours following the procedure.
- A clean mouth heals faster. Gentle brushing around the extraction site can be started immediately along with warm salt water rinses (1/4 teaspoon salt in a glass of water) to aid with any discomfort.

You may contact our office with questions or concerns at (219) 476-3100.

Foods to eat and avoid

Eat **soft, bland foods** to avoid irritating the treatment site.

Mac 'n Cheese

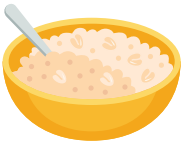


Mashed Potatoes

Jello

Applesauce

Soup



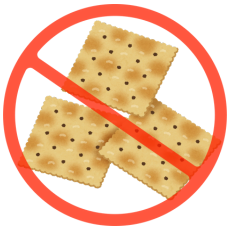
Oatmeal

Avoid hard, crunchy, spicy, or sticky foods.

Chips/hard pretzels

Hard/sticky candy

Hard bread



Crackers

Nuts

Cereal

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