

## **CARE OF THE MOUTH AFTER EXTRACTIONS**

Your child should be watched carefully so they do not injure their lips, tongue or cheek by

scratching, chewing, sucking or rubbing while they feel numb or asleep.

These actions can cause minor irritations or they can be severe enough to cause swelling and abrasions to the tissue or cause infections.

Some bleeding is to be expected. Bite on gauze with moderate pressure 20-30 minutes

following extraction(s), repeat with additional gauze if bleeding continues. A moist tea

bag may be used.

**PLEASE DO NOT SPIT OR RINSE FOR AT LEAST 8 HOURS.**

You may use ice 10 minutes on and 10 minutes off for the first 24 hours.

Some mild discomfort may be experienced.

Take Advil/Motrin or Tylenol as directed for \_\_\_\_\_ days for discomfort. If additional pain

occurs, please contact the office.

Some swelling may occur overnight, but should reduce after you are up for a while.

No hard or sticky foods (potato chips, pretzels) for five days. Hamburgers and other nutritious foods are fine.

Please avoid carbonated sodas. (Coke, Sprite) for a couple of days.

Please avoid drinking through a straw.

Limit activity for 24 hours.

No swimming for 7 days.

After 24 hours rinse gently with 1 teaspoon of salt in 8 oz. Warm water for 4 minutes after meals and before bed for five days.

Clean the rest of the mouth as usual daily.

Begin gently cleansing of this area in 4 to 5 days.

Maintain brushing and flossing in all other areas. A clean mouth heals faster.

A material was placed in the extraction site to control the bleeding. It may work out in a

few days. Do not be alarmed.

**PLEASE DO NOT HESITATE TO CALL US WITH ANY QUESTIONS.**