

Growing Smiles Of Englewood

POST-OP INSTRUCTION FOR DENTAL EXTRACTIONS

Numbness

The mouth will be numb for approximately 2-4 hours.

Watch to see that your child does not bite, scratch or injure his/her cheek, lips, or tongue during this time.

Bleeding

Occasional bleeding or oozing (blood tinged saliva) may occur.

Hold gauze with firm pressure (or bite down on the gauze) against the extraction site until oozing has stopped.

You may need to change the gauze and repeat this step.

If bleeding persists for more than 2 hours please call the office.

Extraction Site Care

First Day

Try not to disturb the extraction site (difficult for a child to do).

Do not spit, rinse, use mouthwash, or probe the area with fingers or other objects.

Next Day

You may rinse with warm salt water (1/2 teaspoon salt with 1 cup water) after meals.

Daily Activities

Return to normal activities as tolerated.

Diet

Do not use a straw for the first 24 hours.

Encourage fluids to avoid dehydration.

Cold soft foods are ideal for the first day.

By the second day, consistency of foods can progress as tolerated.

Until healing is more established, avoid foods such as nuts, seeds, popcorn, and pretzels that may get lodged in the extraction site.

Oral Hygiene

Keeping the mouth clean is essential.

Today, teeth should be brushed gently, but avoid stimulating the extraction site.

Pain

Because some discomfort is expected, you may give your child acetaminophen (Tylenol) or ibuprofen (Motrin) before the numbness wears off.

Follow the instructions on the bottle for dosing .

Do NOT give your child aspirin.

Emergency

Swelling: slight swelling and inflammation may occur for the next 2 days. If swelling occurs, ice packs may be used for the first 24 hours (10 minutes on then 10 minutes off) to decrease swelling. If swelling continues after 24 hours, warm/moist compresses (10 minutes on then 10 minutes off) may help. If swelling occurs after 48 hours, please call the office.

Fever: A slight fever (temperature to 101F) is common the first 48 hours. If a higher fever occurs or the fever persists, please contact the office.

Dry Socket: Premature dissolving or loss of the blood clot following the removal of a permanent tooth may result in a "dry socket." This typically occurs on the 3rd to 5th day after the extraction, with a persistent throbbing pain in the jaw. If this occurs, please call the office.

Sutures

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If sutures were placed they will dissolve on their own, and do not need to be removed.
If the stitches come out during the first 48 hours please call the office.