

POST-OP INSTRUCTIONS

Child Extraction

After your child's tooth has been pulled, gauze needs to stay in place with biting pressure for 30 minutes. This will reduce the amount of bleeding. Bleeding is a normal occurrence after this procedure and part of the healing process.

Give your child the appropriate dose of children's Tylenol, Motrin, or Advil, as needed for pain. NO Aspirin.

No spitting or drinking through a straw or "sippy cups". The force can start the bleeding again.

Your child's cheek, lip, and tongue will be numb for approximately 1-2 hours. Please be very careful that your child does not bite his/her cheek or pick at this area. As the anesthetic begins to wear off, it may feel tingly. A self-inflicted bite injury is the most common post- op complication. Please keep an eye on your child, and if you have any questions or concerns, feel free to contact us.

You should consume soft foods for the first 24-48 hours following surgery. Here are a few examples of what to eat to avoid dislodging the blood clot:

- Jello
- Macaroni and Cheese
- Ice Cream
- Pudding
- Chicken finely chopped
- Ground Beef
- Apple Sauce
- Greek Yogurt
- Scrambled Eggs
- Mashed Potatoes
- Oatmeal

After 24 hours, resume gentle brushing and flossing around the surgical site to speed healing and to keep area clean.