

Instructions for Care after Tooth Extraction or Surgical Procedures

For Pain and Swelling

A certain amount of pain and swelling is to be expected and will generally peak on the 2nd day after surgery. **Give ibuprofen (children's Advil, Motrin) if able before swelling sets in.** This will speed healing and reduce post operative pain. Additionally, you can place an ice bag to the side of the face where the extractions were done in 15 minutes intervals for up to 24 hours after surgery.

If medication was prescribed, please take that medication as prescribed.

Bleeding

A certain amount of bleeding is normal after a tooth is extracted. Most of the bleeding will stop before you are discharged from the office. However, it is not unusual to have some oozing from the site of extraction even for several days. It will appear as if there is more bleeding than there actually is because any blood will mix with saliva and appear more voluminous.

In case of severe bleeding, place a moistened gauze over the wound and have your bite and hold firmly with pressure for 20 minutes. Bite, do not chew. Repeat this procedure as necessary.

Diet

A soft and cool diet is recommended for the first day after surgery. (Example: ground beef, eggs, lukewarm soups, ice cream, etc.) then gradually return to a normal diet as tolerated.

Rinsing

Rinsing with salt water or mouthwash is not recommended for the first 24 hours. After the first 24 hours, you can rinse if desired, with warm salt water three to four times a day for the three days after surgery, only if the child will NOT swallow the salt water.

Fluids

Avoid drinking through straw and carbonated beverages for 2 days following the surgery. The sucking action can encourage bleeding and the effervescence tends to dissolve the blood clot which will make the site of surgery more painful.

Sutures

Please be advised that, if suture are placed, they are the dis-solvable kind and will usually come out themselves in 3 to 5 days.

Caution - Lip, Cheek, and Tongue Biting

Make sure your child does not bite or chew the lip, cheek, or tongue while the freezing is in place or pain and swelling will result. The freezing can last **up to 2-4 hours.**

If you have any difficulty or questions, please call the office (705) 722-3213. If it is after hours, call the office for the number of the on-call Pediatric Dentist.

WE ARE HERE TO CARE FOR YOUR CHILD.