

## **Post-Extraction Instructions**

After extractions of teeth many patients have questions concerning care after the procedure. The following information will give you general guidelines for after-extraction care.

Do not scratch, chew, suck, or rub the lips, tongue, or cheek while they feel numb or asleep. The child should be watched closely so he/she does not injure his/her lip, tongue, or cheek before the anesthesia wears off.

- Do not rinse the mouth for several hours.
- Do not spit excessively.
- Do not drink a carbonated beverage (Coke, Sprite, etc.) for the remainder of the day.
- Do not eat hard/crunchy foods for 1 week.
- Do not drink through a straw for 24 hours.
- Keep fingers and tongue away from the extraction area.

**Bleeding** - Some bleeding is to be expected. If unusual or sustained bleeding occurs, place cotton gauze firmly over the extraction area and bite down or hold in place for fifteen minutes. This can also be accomplished with a tea bag. Repeat if necessary. Maintain a soft diet for a day or two, or until the child feels comfortable eating normally again. Avoid strenuous exercise or physical activity for several hours after the extraction.

**Pain** - Some patients may have pain with dental extraction. If and how much pain each individual child may have depends on several factors. All patients who have dental extraction will have the extraction area numbed with local anesthetic before the extraction. This local anesthetic will last 1 to 2 hours after the tooth extraction. To help with the potential pain, each child should have an age/weight appropriate dose of ibuprofen (Advil, Motrin) or acetaminophen. Please read the packaging for dosing instructions. The pain medication should be given for the next 24 to 48 hours as needed for pain. The use of aspirin is discouraged.

**Packing/Stitches/Healing** - Sometimes packing is placed in the extraction site to aid with bleeding control. This packing will dissolve by itself or will fall out. If stitches are placed, your child may need to return to have them removed. The office staff or dentist will inform you what needs to be done for stitches. Within 14 days almost all patients will be healed from extractions. Antibiotics are rarely needed for patients after extractions even when the patient has had a preexisting dental infection.

Should you have any questions please feel free to contact our team at 740-657-1562