



Pediatric Post Extraction Instructions

1. Your child has had 1 or more teeth “wiggled” out.
2. The gauze needs to stay in place with biting pressure for 30 minutes, this will reduce the amount of bleeding. Extra gauze will be provided.
3. Give your child the appropriate dose of children’s Tylenol immediately after the procedure (NO aspirin, avoid Advil/Ibuprofen as this can also cause increased bleeding). Your child should only need this for approximately 12 to 24 hours. If pain persists beyond 48 hours, please call our office @ 715-861-7901 or 715-415-6503 Afterhours Emergency Line.
4. Your child should eat only soft, bland food for the first couple days- nothing sharp, crunchy or too hot or cold because the area may be a sensitive. Encourage plenty of liquids (water, soups, juices, etc.). Let your child determine when a regular diet can be reintroduced.
5. NO spitting or drinking through a straw or “sippy” cup. The force can start the bleeding again.
6. A clean mouth heals faster. Gentle brushing around the extraction site can be started the next day along with warm and cold compresses (15 on, 15 min off) to aid with any discomfort.
7. Activity may need to be limited for the remainder of the day. A calm day is recommended, no playing outside, just chill- out time with computer, TV, resting. Sometimes a nap is a good idea.
8. Bruising and swelling after an extraction is not uncommon and should not cause alarm. If this occurs as previously noted, use warm and cold compresses in the 24 hours following tooth removal.
9. Your child’s cheek, lip and tongue will be numb for approximately 1-2 hours. Please be very careful that you child does not bite at his/her cheek or pick at this area. As this area “wakes up” it may feel funny (very prickly like when you sit on your foot and it goes to sleep). A self-inflicted bite injury is the most common post-op complication. This will make the bitten area **VERY Swollen and Sore!** Please keep an eye on your child.