

## Extraction Post Op Instructions

Your child received local anesthetic today. Please watch them closely for chewing or biting of the lips or cheek for 1-2 hours. Lip bites are common with local in children and can create a large canker sore.

**Bleeding:** Bleeding may occur for the first 10-15 minutes. Biting on the provided gauze with firm pressure is recommended until bleeding has stopped, usually 30-45 minutes. If bleeding continues beyond 1 hour have child sit quietly and bite on cold damp tea bag. Ice or a Popsicle to area may also help bleeding stop more quickly.

Remember that when saliva mixes with the drainage from the extraction site it may look like a lot of bleeding but may, indeed, be very watery. Extraction sites may ooze for several hours, heavy bleeding, however, is not normal and in such an event, our office should be called.

**Diet:** Once numbness is gone, your child should still maintain a soft diet for 1-3 days in the area of the extraction until the child is comfortable.

**Activity:** Child can resume normal activities after 2-4 hours.

**Pain Control:** If your child complains of soreness around the gums, Children's Tylenol or Motrin can be alternated every 4-6 hours, as needed. DO NOT EXCEED YOUR CHILD'S RECOMMENDED DOSE!

**Surgical Site:** Brushing is still required to keep the area clean where the tooth is extracted. Use light, soft brushing around the extraction site.

Your child should not drink out of straw or for 1-3 days. Spitting is not recommended as well, instead open and let the fluid fall out.

