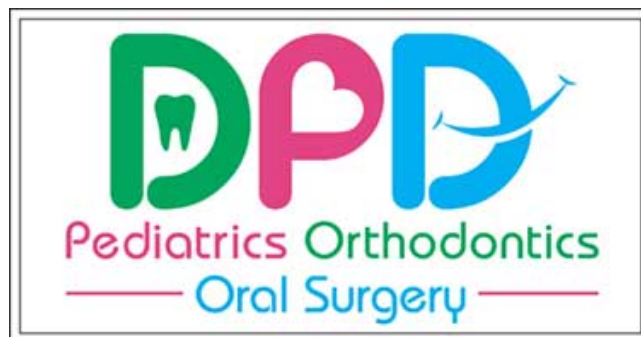


Post Extraction Instructions

- **Numb:** If your child received local anesthetic today, please watch them closely for chewing, pinching, sucking on, or biting of the lips or cheek for 1-2 hours. This can create a large canker sore which will resolve on its own in a few days.
- **Bleeding:** 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 the 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. Your child should not drink out of straw or for 1-3 days.
- **Activity:** You child can resume normal activities after 2-4 hours. Highly strenuous activity should be avoided for the remainder of the day.
- **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. Spitting is not recommended, instead open and let the fluid fall out.



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