

## Extractions - Child

Healing following extractions is usually fast and uncomplicated if you follow these instructions for the care of the extraction site. A blood clot must form in the tooth socket for the area to heal. ***Therefore, it is important to avoid strenuous activities or over-exertion for 24 hours which would disturb the clot.***

- **RINSING & BRUSHING:** Do not rinse your child's mouth vigorously. Rinsing it **very gently** after meals with warm salt water (warm glass of water with 1-2 shakes of salt) is okay. This keeps food particles out of the socket. It is important to clean the teeth around the extraction area. During the first 24 hours gently brush the teeth next to the sites, taking care not to disturb the clot. Continue to brush and floss as usual. This will help the wound heal and resist infection. It will also eliminate the bad breath and taste that is common after an extraction. Brushing the tongue will help remove blood and freshen your child's mouth
- **WHAT TO EAT:** Because your child is "numb", do not give your child anything that he/she has to chew for the next 3 hours. (That is typically how long the anesthetic takes to wear off.) If your child is hungry and still numb, it is okay to give him/her soft foods that they can put into their mouth and swallow (like pudding, yogurt, applesauce, oatmeal). Anything that has to be chewed puts your child's risk of biting the inside of the cheek or lip while numb. Have your child eat nutritious foods to help the healing process. He/she should drink lots of liquids for today. Be careful to avoid "sharp" foods like pretzels, chips, etc. for a few days. These foods are more likely to disturb the clot formation.
- **POST EXTRACTION DISCOMFORT:** Most children have minimal discomfort after extractions because the teeth typically come out very easily. It is normal to have mild discomfort for the first day. Most children complain about the "numb feeling" more than the pain once the numbness wears off. The best way to avoid any pain or discomfort is to give Tylenol or Ibuprofen prior to the anesthetic wearing off. Continue the medication as directed for at least one day. Additional doses may be needed on a second day when several teeth or permanent teeth are extracted.
- **BLEEDING:** The extraction wound may bleed a little for a couple of hours. To help control the bleeding, do the following:
  1. Fold a piece of clean gauze (given to you in the white envelope) into a pad thick enough to bite on and place it directly on the bleeding spot
  2. Close your child's teeth firmly over the pad so that there is pressure against the bleeding spot. NO chewing on it
  3. Maintain pressure for about 20 minutes, repeat if necessary
  4. It is alright to swallow or spit out excess saliva, but don't let your child suck on the extraction site
  5. If heavy bleeding persists, give us a call
  6. Remember, a lot of saliva and a little blood may look like a lot of bleeding

If your child has severe pain, swelling, bleeding or if you have any additional questions, please call our office at (815) 725-5991

If extreme swelling or if fever of 101° is present, please seek immediate help at your local Emergency Room