

Post-Operative Instructions for Dental Extraction

Please follow these guidelines carefully to ensure a smooth and successful healing process for your child. And remember, the Tooth Fairy often pays double for teeth that are professionally extracted at the office, so your child has an extra reason to smile!

Local Anesthetic Care

- **Anesthetic Duration:** The numbness from the local anesthetic will **wear off in about 2-3 hours**. During this period, keep a close eye on your child to prevent them from accidentally biting or sucking on their tongue, cheek, or lip.
- **If an injury occurs:** It's common for the area to develop a **whitish-colored scab if bitten**; this should heal within 5-7 days. Apply an ice pack for 15 minutes on and off. For pain management, administer Tylenol or Motrin, following age-appropriate doses.

Pain and Swelling Management

- **Pain Medication:** Give your child pain medication such as **Motrin or Tylenol before the anesthetic fully wears off**, strictly following the dosage instructions based on your child's age.
- **Swelling Management:** To minimize swelling, apply an ice bag (20 minutes on, 20 minutes off) for the first 24-48 hours.
- **Antibiotics:** If antibiotics were prescribed, make sure your child completes the entire course, even if signs of infection have disappeared.

Activity Level

- **Rest:** Encourage your child to rest and keep physical activity to a minimum. **Avoid sports**, exercise, and any strenuous activities for at least 2-3 days.

Diet and Oral Hygiene

- **Fluids:** Encourage your child to drink plenty of fluids. Avoid giving them carbonated beverages.
- **Diet:** Provide your child **with soft, nutritious foods for the initial 5-7 days**. If possible, have them chew on the side opposite the extraction site. Gradually return to a normal diet as soon as they are comfortable.
- **Cleaning:** Maintain routine oral hygiene by brushing and flossing gently around the extraction site. Remember, the cleaner the mouth is, the faster the healing process will be.

Bleeding Management

- **Controlling Bleeding:** **Apply pressure** by biting on a gauze pad for **20-30 minutes**; replace the gauze as necessary until bleeding stops.
- **Precautions:** Avoid dislodging the blood clot formed at the extraction site by preventing your child from spitting forcefully, sneezing or coughing vigorously, sucking on candy, or using a straw. Keep your child's head elevated, especially while sleeping, and place a towel on their pillow to catch any oozing.

When to Contact Us

Please contact our office immediately if your child experiences:

- Heavy or increased bleeding
- Pain or swelling that worsens or continues beyond 2-3 days
- Bad taste or odor in their mouth
- Any adverse reaction to the medication

It's normal for your child to feel some discomfort following a tooth extraction. However, we are here for you, so don't hesitate to contact us at **571-210-2771**.