



## EXTRACTIONS

After extractions of teeth many patients and caregivers have questions concerning care after the procedure. The following information will give you general guidelines for after-extraction care.

**Numbness** – Please remember your child will be numb for about 2 hours. This may include the cheek, lip, and tongue. Watch them carefully so that they do not bite their lip, cheek, or tongue, and cause injury to themselves.

**Bleeding** – Most of the bleeding will be in the first 15-30 minutes after the tooth extraction, however minor oozing of blood from the extraction site can continue for 3 to 6 hours post-extraction. Have your child bite on the gauze for 20-30 minutes after the procedure as this will allow the bleeding to stop. If bleeding is moderate to heavy, call the office immediately.

**Pain** - Some patients may complain of pain after a dental extraction, although most children do very well, as they are young and their bone is soft and pliable. You may give your child over the counter ibuprofen or Tylenol after the extraction. The numbing feeling generally lasts about 2 hours, and ideally, the medicine should be given before the numbing wears off. Tylenol or Ibuprofen should only be needed the first 24-36 hours after the extraction. Do not use aspirin for children.

**Diet** - It is recommended to have a soft/liquid diet for the first 6 to 12 hours after dental extraction. Drinking through straws is discouraged as it can disrupt the clot that forms in the extraction site. Cold foods, such as popsicles, yogurt, milk-shakes eaten with a spoon, may feel the best during this first 6 to 12 hours. Take care not to let your child eat foods with small pieces such as small seeds or rice for the first day.

**Oral Hygiene** - Brushing and flossing are encouraged as normal except in the immediate extraction site area for 3 days. In the extraction area use a moistened washcloth to cleanse the teeth and gum tissue. Mouth rinses with warm salt water are fine once or twice a day to reduce any pain or swelling.

**Packing/Stitches/Healing** - Sometimes packing is placed in the extraction site to aid with bleeding control. This packing will dissolve by itself or will fall out. Any stitches placed by us in the mouth will dissolve away on their own, it is not necessary to have them removed by us.

Within 14 days almost all patients will be healed from extractions. Antibiotics are rarely needed for patients after extractions even when the patient has had a preexisting dental infection. Patients may return to school after the bleeding has completely stopped.

**Questions or Concerns** - Call if your child has: prolonged bleeding, pain after the first 48 hours, or an extraction site that won't heal after 14 days. If you have any questions or concerns about dental extractions, please do not hesitate to call our office at 510-964-0168.