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After-Visit Instructions: Tooth Extraction

Your child did a great job! Mild soreness and pink-tinged saliva can be normal after an extraction. Follow these tips to support comfortable healing.

1 | The first 24 hours

- Bleeding: If there is active bleeding, have your child bite on folded gauze with gentle, steady pressure for 20–30 minutes. A little blood mixed with saliva is common.
- Protect the area: No straws, vigorous rinsing, forceful spitting, or touching the extraction site today.
- Rest and swelling: Plan a quiet day. A cool pack wrapped in a towel may be placed on the cheek for 10–15 minutes at a time, with breaks.
- Watch the numbness: Until anesthesia wears off, help your child avoid biting the lip, cheek, or tongue. Avoid hot foods and drinks.

2 | Eating and drinking

- Choose soft foods: Try water, yogurt, applesauce, scrambled eggs, mashed potatoes, and lukewarm soups. Keep your child well hydrated.
- Avoid: Hot, crunchy, sharp, sticky, or spicy foods. Encourage chewing away from the extraction site as comfortable.

3 | Pain relief and prescriptions

- Comfort: If recommended, use children's acetaminophen (Tylenol) or ibuprofen (Advil/Motrin) at the correct dose for your child. Follow the dentist's instructions or the product label. Do not give aspirin.
- Prescription medicine: Give any prescribed medicine exactly as directed. Ask our office before stopping or changing an antibiotic.

4 | Cleaning the mouth

- Brushing: Brush the other teeth as usual, and be gentle near the extraction area for the first few days.
- After the first day: If your child can safely swish and spit, your dentist may recommend a gentle warm salt-water rinse (½ teaspoon salt in 8 oz water). Do not swish forcefully.
- Hands off: Do not pick at the socket with fingers, tongue, or objects.

5 | Typical healing

- First day: Minor oozing and tenderness can occur.
- Next 2–3 days: Some discomfort or swelling may occur but should improve rather than worsen.
- Following days: The gum gradually closes. A light-colored healing layer may be normal; do not scrape it.

CALL OUR OFFICE AT (510) 964-0168 IF:

- Bleeding continues after 30–60 minutes of uninterrupted gauze pressure.
- Pain or swelling is worsening, particularly after 2–3 days.
- Fever, pus, bad odor/taste, or difficulty drinking develops.
- You have any concerns about healing or medications.

Emergency: For trouble breathing or swallowing, rapidly increasing facial swelling, or severe uncontrolled bleeding, call 911 or seek emergency care immediately.

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