



## CARE OF EXTRACTIONS

If infection or pain/discomfort has become too severe, it is often best to remove the tooth to prevent infection from spreading. After “numbing” the area with anesthetics, the tooth is removed and the patient is asked to bite on gauze for 10 minutes following the extraction to help alleviate any bleeding. Pain or swelling after this work is rare and usually minor.

### Instructions for home care:

1. Keep gauze in place and bite down on it for 15 minutes. This will reduce the amount of bleeding.
2. Give your child the appropriate dose of children’s Tylenol, Motrin, or Advil when you take the gauze out. They should only need this for the next 12-24 hours.
3. Your child should eat only soft things while the mouth is still numb (usually 1-2 hours). Nothing sharp or crunchy to eat the day of the extraction. Avoid hot food/drinks while the lips are still numb to avoid your child burning themselves. Encourage plenty of liquids (water, soup, juice, etc.)
4. Gentle brushing around the extraction site can be started immediately along with warm salt water rinses to aid with any discomfort. A clean mouth heals faster.
5. Limit physical activity. Sometimes a nap is a good idea.
6. Swelling after an extraction is should not cause alarm. If this occurs, apply an ice pack for 15 minutes on with 15 minutes off as needed.
7. Your child’s cheek, lip and tongue will be numb for approximately 1-2 hours. Please be very careful that your child does not bite at their check or pick at this area. As the numb area “wakes up” it may feel funny/tingly. A self-inflicted bite injury is the most common post-op complication. Please keep a close eye on your child! Call us at 512-451-8310 if you have any concerns.