



Capital District
Pediatric Dentistry
where smiles grow

EXTRACTIONS

Your child's tooth/teeth have been extracted ("pulled"). Extraction wounds usually heal quickly and without complications if you take simple precautions. A blood clot must form in the tooth socket for the area to heal. Therefore, it is important to avoid activities which would disturb the clot.

RINSING & BRUSHING

Do not rinse your child's mouth vigorously. Rinsing **very gently** after meals with warm salt water (1/2 teaspoon salt in a glass of warm water) 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's how long the "novocaine" takes to wear off.) If your child is hungry and still numb, it is okay to give him/her soft foods that he/she can put into her mouth and swallow (like pudding, yogurt, applesauce, oatmeal). Anything that has to be chewed puts your child at 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, Motrin or Advil prior to the novocaine 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 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 the pressure for about 20 minutes. Repeat if necessary.
4. It is all right to swallow or spit our excess saliva, but don't let you 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 A FEVER, CALL US SO THAT EXACT INSTRUCTIONS FOR YOUR CHILD'S CARE CAN BE GIVEN.

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