



## What to do After a Tooth is Removed

Make certain that your child continues to bite on the gauze pads for 15 to 20 minutes after leaving our office. The biting pressure on the gauze pad helps to stop the bleeding and allows better clotting. When the initial gauze becomes overly wet, use the extra gauze that we have provided. Fold one or two pads together into fourths and place them over the extraction site. Then have your child bite firmly. A slight oozing of blood for a day is normal. If there is excessive bleeding, please moisten a dark tea bag and have your child bite down on the tea bag for 3-5 minutes until the oozing has subsided. You can also moisten gauze in the dark tea solution and then have your child bite down on the gauze. Tea leaves contain tannic acid which helps to stop the bleeding. Sometimes, a little blood mixed with saliva can appear to be excessive bleeding.

Have your child avoid rinsing his/her mouth for one day, and avoid spitting or using a straw because this may disturb the clot. Maintain a liquid diet for the first 4 hours and then a soft diet for the remainder of the day. Avoid hot foods. Give your child soft foods such as Jell-O, soups, pasta & noodles, eggs, yogurt, pudding, apple sauce, cheeses, mashed potatoes etc. Avoid foods such as rice, popcorn & nuts as these can get into the clot and slow the healing.

**CAUTION:** Your child's lip, tongue, and cheek are numb. The numbness generally will last about 1-2 hours. Some normal swelling may occur because of treatment. Be watchful that your child does not accidentally bite his/her numb cheek, tongue, lip, or scratch around his/her nose. Biting can cause severe swelling of the lip, cheek, tongue, or face. This can happen very quickly so please watch your child very carefully for the first 1 - 2 hours after the appointment.

If there is any discomfort after the numbness wears off, give your child the appropriate dosage of Tylenol (Acetaminophen) or Motrin (Ibuprofen).

**Do not give your child aspirin as this can cause Reye's Syndrome in young children.**

Gentle brushing and gentle rinsing with warm salt water (1 tsp. to 8 oz. glass of water) can begin the morning following the extraction. A clean mouth will heal more quickly. If it is difficult to keep the extraction site clean, continue to rinse with warm salt water two or three times a day for the next several days.