

Child Extraction Post-Care Instructions

Your child has had one or more teeth “wiggled” out. Following the removal, please take note of the following:

- The gauze needs to stay in place with biting pressure for 30 minutes. This will help the area clot and start healing.
- You may give your child the appropriate children’s dose of pain medication, such as children’s Tylenol or Motrin. Do **NOT** give them aspirin. Your child should only need medication for approximately 12 to 24 hours. If pain persists beyond 48 hours, please contact our office at 832-900-9978. It is *very* rare that a child needs a narcotic pain medication following a dental procedure.
- Have your child eat soft, bland foods for the first couple days — nothing sharp, crunchy or too hot or cold which can irritate the sensitive site. Encourage plenty of liquids — water, soups, juices, etc....
- In the two days following treatment, children should **NOT** spit or drink through a straw or “sippy” cup. This kind of force can inhibit clot formation and bleeding can start again.
- Limit and supervise your child’s activity the day of their procedure.
- You may see minor swelling or oozing of blood or pus (if there was an abscess). If this occurs, apply an ice pack for 15 minutes on and 15 minutes off for as long as needed. Alternate in the 24 hours following the tooth removal. Do not place ice directly at the site.
- 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 their cheeks or pick at this area. As this area “wakes up” and regains feeling, it may feel funny. A self-inflicted bite injury is the most common post-op complication. The mouth heals up faster than most any part of the human body. Even if they have bitten their cheek, it should heal up well within a week to 10 days. Please keep an eye on your child!

