



# PEDIATRIC DENTISTRY

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## Post Extraction Instructions

After extractions of teeth many patients have questions concerning care after the procedure. The following information will give you general guidelines for after-extraction care.

**Bleeding** - Bleeding is to be expected when teeth are extracted. A majority of the heaviest bleeding will be in the first 15-30 minutes after the tooth extraction. Oozing of blood from the extraction site can continue for 3-6 hours post-extraction. Placing direct pressure on the extraction site for a continuous 10-15 minutes with gauze, washcloth, or tissue paper can control a majority of normal bleeding.

**Numbness** - Your child's cheek, lip, and tongue will be numb for approximately 2-3 hours. Please be very careful that your child does not bite his or her cheek or pick at this area. As this area wakes up, it may feel funny.

**Pain** - Some patients may have pain with dental extraction. If and how much pain each individual child may have depends on several factors. All patients who have dental extraction will have the extraction area numbed with local anesthetic before the extraction. This local anesthetic will last 1-3 hours after the tooth extraction. To help with the potential pain, each child should have an age/weight appropriate dose of ibuprofen (Advil, Motrin) before the numbness wears off. Once the numbness wears off, the ibuprofen should be continued for the next 24-48 hours as needed for pain. Children less than 100 pounds in weight are best treated with liquid children's ibuprofen (read packaging for dosage) and those over 100 pounds can take up to 600 mg of adult ibuprofen tablets every 6 hours as needed for pain. Use of aspirin is discouraged.

**Diet** - It is recommended to have soft/liquid diet for the first 6-12 hours after dental extraction. Drinking through straws is discouraged. Cold foods, i.e., popsicles, milk-shakes, crushed ice, may feel the best during this first 6-12 hours.

**Oral Hygiene** - Brushing and flossing are encouraged as normal except in the immediate extraction site area for 3 days. In the extraction area, just use a moistened washcloth to cleanse the teeth and gum tissue. Mouth rinses, i.e., Scope, Listerine, or salt water are fine, but try to keep them to a minimum as frequent rinsing may lead to continued bleeding.

**Questions or Concerns** - Call if your child has: prolonged bleeding, pain after the first 48 hours, or an extraction site that won't heal after 14 days. If you have any questions or concerns about dental extractions, please do not hesitate to call.

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**After Hours: 471-8160**