



POST EXTRACTION INSTRUCTIONS AND CHECKLIST

Your child has had one or more teeth removed as part of today's treatment. The following notes will help with proper home care and to assure the best results from today's dental treatment.

1. Your child will likely be biting on gauze to control any bleeding. Please ensure your child continues to bite on the gauze for 20 minutes. If bleeding persists, change the gauze and continue applying pressure for another 20 minutes. Before your child is sent home, we will have confirmed that his/her bleeding is well controlled and a clot has formed but some oozing is normal during the first 24 hours.
2. Do not allow your child to spit, rinse or drink through a straw for the next 24 hours, it can dislodge the clot and cause a "dry socket" which can be extremely painful.
3. Encourage a soft diet for today and give your child lots of liquids. Avoid chewing any hard or crunchy foods for the next 12-24 hours. Your child may return back to their regular diet the following day.
4. Discolored (blood tinged) saliva may be apparent the day of the extraction.
5. Slight swelling may be expected to accompany the removal of teeth. If swelling is noted, apply an ice bag to the swollen area 20 minutes out of every hour for several hours - today only.
6. **As long as your child does not have an allergy to Tylenol/Advil, we would encourage you to give your child 1-2 doses of whichever is most effective for them for post extraction comfort as per the instructions on the package/bottle.**

Please note, your child has also received local anesthesia for his/her extraction today. The anesthesia will keep the area "numb" for the next hour or so. It will feel quite different and they may feel uncomfortable. This is the feeling of being "frozen". During this period, your child may attempt to bite, chew, pinch or scratch the area which can lead to serious injury or trauma. It is important that you are aware of this and watch your child carefully until the freezing wears off.

If your child has had a PERMANENT tooth extracted: Same instructions as above except after 1 day your child can begin lightly rinsing his/her mouth every 3-4 hours with a saltwater rinse (1/2 tsp in 1 glass of warm water). Rinses may be continued for several days to help speed healing and reduce the chance of infection.

If you have any questions or concerns, please give our office a call at 778-484-5437 or after hours at 778-821-2237. In case of an emergency please go to the nearest hospital.