



POST EXTRACTION INSTRUCTIONS

Please follow the instructions below to assure the best results from today's dental treatment:

DIET: For the first 24-48 hours, your child should only eat soft foods such as Jello, pudding, yogurt, mashed potatoes, soups, etc. Foods that crumble such as potato chips, popcorn, crackers, cookies, etc. should be avoided. Hot, spicy acidic foods should also be avoided. Eating immediately after the appointment is NOT recommended especially if freezing was used see (ANAESTHESIA WARNING). Encourage your child to drink plenty of liquids. To prevent bleeding, your child should not rinse, spit, or drink with a straw for the next 24 hours.

ORAL HYGIENE: It is well known that a clean mouth heals much better and more quickly. Therefore, routine daily brushing and flossing should be maintained. Direct brushing of the extraction site, however, is discouraged for the first 24 hours to prevent loss of the blood clot. After the first 24 hours, warm salt water rinses (1/4 teaspoon salt in an 8-ounce glass of warm water) is helpful, especially after eating. Your child should keep his/her fingers and other objects out of his/her mouth.

BLEEDING CONTROL: Bleeding was well controlled at the end of the appointment, but some oozing is normal during the first 24 hours. If bleeding occurs, firm pressure should be applied to the extraction site by biting (NOT CHEWING) on or holding a sterile gauze pad on it for 30-60 minutes. If excessive bleeding continues, contact our office immediately.

PAIN CONTROL: In most cases of simple extractions, little or no pain occurs afterwards. If your child does complain of pain or discomfort, the appropriate dose of Acetaminophen (Tylenol) should be given. Aspirin should not be given as this may affect the bleeding. If the pain does not improve, contact our office immediately.

ACTIVITY: For the first 24 hours, your child's activity should be limited because increased activity can lead to increased bleeding.

ANAESTHESIA WARNING: If freezing (local anesthesia) was used, your child's lip, tongue, and cheek will be numb for several hours after the appointment. While it is numb, it will feel funny and may even be uncomfortable to your child. During this period, your child may attempt to bite, chew, pinch, and/or scratch the area leading to possible serious injury or trauma. It is important that you are aware of this potential problem so that you can help prevent it by watching your child carefully until the numbness wears off.

QUESTIONS: If you have questions or problems, please feel free to contact us during office hours at 403-873-1414. After office hours, our voicemail will direct you to the dentist on call.