



# NOVATO Pediatric Dentistry

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## *Extraction Post-Ops Instructions*

- The gauze needs to stay in place with biting pressure for 30 minutes. This will reduce the amount of bleeding.
- Give your child the appropriate dose of children's Tylenol, Motrin, or Advil when you take the gauze out (**NO Aspirin**). Your child should only need this for approximately 12 to 24 hours.
- If pain persists beyond 48 hours, please call our office at 415-897-5566.
- Your child should eat only soft, bland food for the first two days, nothing sharp, crunchy or too hot or cold – the area may be sensitive.
- Encourage plenty of liquids (water, soups, juices, etc.). Let your child determine when a regular diet can be reintroduced.
- **No spitting or drinking through a straw or “sippy” cup.** The force can start the bleeding again. These can be introduced in 48 hours.
- A clean mouth heals faster. Gentle brushing around the extraction site can be started immediately along with warm salt-water rinses (1/4 teaspoon to a glass of water) to aid with any discomfort.
- Activity may need to be limited. Sometimes a nap is a good idea.
- Swelling after an extraction is not uncommon and should not cause alarm, If this occurs, apply an ice pack for 15-minutes on and 15-minutes off as needed in the 24-hours following tooth removal.
- As the extraction site heals, the newly formed skin may appear yellow, white, or even gray. This is normal during healing and does not indicate an infection; therefore, do not touch the healing site. This will resolve within a few weeks.
- 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 at his/her cheek or pick at this area. As this area “wakes up” it may feel funny. A self-inflicted bite injury is the most common post-op complication. Please keep an eye on your child!
- **If you have any questions or should any complications arise, please call the office at 415-897-5566.**