



(651) 429-1205

## CARE OF YOUR CHILD'S MOUTH AFTER EXTRACTION

1. Your child may have a numb lip, cheek, and/or tongue. Watch them closely as biting of the tissue while it is “asleep” could cause severe damage.
2. During the first 24 hours some minor bleeding or oozing is normal. You may want to cover your child’s pillow with a towel at bedtime. However, if you notice excessive bleeding or it continues, have them bite firmly on a folded piece of clean gauze for 20 minutes.
3. Eat soft foods for the remainder of the day. Avoid anything crunchy or that may break into small pieces and lodge in the extraction site.
4. Do not use a straw, bottle or sippy cup for the rest of the day.
5. Do not disturb the extraction site. Keep fingers away from mouth and do not rinse or spit forcefully.
6. A clean mouth is important for healing. Continue with normal brushing and flossing but avoid touching the extraction site.
7. Avoid vigorous sports or activities for the first 24 hours as this may cause increased bleeding.
8. If needed, children’s ibuprofen (Advil, Motrin) may be given for discomfort.
9. Please call us if you have any questions or if any of the following is noticed: excessive bleeding, pain or swelling.