

PATIENT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## POSTOPERATIVE INSTRUCTIONS FOR DENTAL EXTRACTIONS

Your child has had one or more teeth extracted as part of today's treatment. The following recommendations are made to help you with proper home care.

1. **Control of bleeding** – Maintain pressure by HOLDING OR BITING ON GAUZE for ten minutes. If bleeding persists after ten minutes: place new gauze and maintain pressure for another ten minutes, or have your child bite on a MOISTENED CAFFEINATED TEA BAG. If bleeding still persists contact the office so the doctor can be notified and give additional instructions.
2. **Packing** is often placed in the socket to help maintain a blood clot in the extraction site. The packing will resorb in one to two days and does not require removal. It is OK if pieces of it fall out.
3. **Numbness**- Your child will be numb for approximately two or three hours. Please monitor your child closely to ensure there is NO lip, cheek or tongue biting.
4. **Diet** – Encourage FLUIDS, maintain a SOFT DIET and AVOID CARBONATED BEVERAGES for today. DO NOT LET YOUR CHILD DRINK THROUGH A STRAW, as any type of sucking action will interfere with blood clot formation. AVOID CONSUMPTION OF HARD POINTY FOODS (e.g. potato chips/corn chips) for approximately one week.
5. **Medications**- Please give Children's \_\_\_\_\_ at \_\_\_\_\_ today, then Children's \_\_\_\_\_ at \_\_\_\_\_ today. Alternate Motrin with Tylenol every four hours today, and tomorrow, if needed. If discomfort persists for more than forty five minutes after medication has been administered, contact the office.
6. **Sutures** – The doctor will notify you if placed. In most cases the sutures are resorbable and will not require another visit for removal.
7. **Oral Hygiene** – Normal oral hygiene should be maintained unless otherwise instructed. Make sure adjacent teeth to the extraction site(s) are kept free of plaque. If plaque builds up on the adjacent teeth healing could be impaired. Mouth rinses are not necessary in most cases.

If you have any questions please notify the doctor or call the office at 303.280.9036 or 303.604.0710. After 5 p.m. call either number to obtain the number of the doctor on call.