

## **POSTOPERATIVE INSTRUCTIONS FOR DENTAL EXTRACTIONS**

1. **Control of bleeding:** It is normal for the area to intermittently bleed or ooze today. Hold or bite on gauze for 10-15 min or bite on a caffeinated tea bag. You may need to change the gauze and repeat. If bleeding persists, despite the gauze or tea bag pressure, please call the office. Be careful not to bite on numb tissues when biting on gauze or tea bags.
2. **Packing:** If a packing was placed in the socket, to minimize bleeding, it looks like a red/brown fuzzy material and will dissolve in 24 hours. It is ok if pieces of the packing fall out.
3. **Numbness:** Will last 2-3 hours. Please monitor your child closely, to ensure no lip, tongue or cheek biting. It is ideal to postpone eating until the numbness is gone.
4. **Diet:** A soft diet (anything you can cut with a fork) and plenty of fluids are recommended today. Please avoid carbonated drinks and any straw use today. As it will take a week for the sockets to heal, please avoid pointy /crunchy foods, such as chips and popcorn, for 1 week.
5. **Medications:** Please follow the pain medication instructions given to you by your doctor. Typically Ibuprofen (e.g. Motrin), every 6-8 hours OR alternating Ibuprophen (Motrin) and Acetaminophen (e.g. Tylenol) every 4 hours is effective. To keep track, please write down what you gave, and when.
6. **Oral Hygiene:** Resume good brushing tonight and include gentle plaque removal adjacent to the surgical sites. If plaque accumulates on the teeth it could interfere with normal healing. Warm salt water rinses may be used 1 day after the procedure. Add ½ tsp of salt to a warm cup of water and gently swish and spit.
7. **Activity:** Please avoid exertion and physical exercise today. Your child may resume normal activities tomorrow, as tolerated.

**CONTACT NUMBERS:** If you have questions or concerns, please contact our office at the following numbers:

Westminster: 303-280-9036

Louisville: 303-604-0710