



Collins Dentistry for Children

Dr. Nilfa Encarnacion Collins, D.M.D.

Extraction Post-op Instructions for Parents

Oral Care: Your child is to bite on gauze for 10 minutes. If bleeding persists, place another gauze pad over the area for 15 minutes. Biting on a moist cold tea bag also helps stop bleeding.

No rinsing vigorously, **spitting**, drinking from a **straw** or sippie cup for 24 hours. Child may have discolored saliva (pink) for 12-24 hours. This is not cause to worry.

A clean mouth heals faster. Tomorrow keep tissue clean with **warm salt-water rinses** (1/4 teaspoon salt to 1 glass water) after all meals for 5 minutes each.

Do not brush teeth today, tomorrow brush teeth gently with soft toothbrush 2 times a day.

Slight swelling or chapness is expected due to treatment, apply Vaseline to lips for chapness.

Swelling after an extraction is not uncommon and need not cause alarm. Apply an ice pack for 15 minutes on and 15 minutes off as needed in the 24 hours following tooth removal.

Diet: Your child should eat only **soft food for 3-4 days**- nothing crunchy and nothing too hot or too cold because this area may be a little sensitive. Encourage liquids. A regular diet can be started as tolerated by your child. Maintaining a well-balanced diet promotes optimal healing.

Activity: It should be limited today; sometimes a nap is a good idea.

Medication: Pain is usually not a problem, but if it develops use Children's Tylenol or Advil as needed for discomfort. Your child should only need this for approximately 12-24 hours. If pain persists beyond 48 hours, call our office.

Seek advise: If you have any questions, please call the office (635-1166).