



LORI HENDERSON, D.D.S.

Pediatric Dentistry

573-446-6868 office

573-489-6843 after hours

Post-Extraction Instructions

Bleeding - Some bleeding is to be expected when teeth are extracted. Your child will be biting on gauze when they leave, and you will need to change the gauze pressure pack every 10-15 minutes until the bleeding has stopped. Be sure to instruct your child to **BITE, NOT CHEW on the gauze**. Oozing of blood from the extraction site can continue for 3 to 6 hours post-extraction, and your child may have blood-tinged saliva. This is normal.

Numbness - Your child should be watched closely until the numbness has worn off, which may take 1 to 3 hours following tooth removal. This is especially important with younger children who may bite and injure their numb cheek, lip, or tongue without realizing it.

Analgesics - Your child will be most comfortable if they are given an age/weight appropriate dose of acetaminophen (Tylenol) before the numbness wears off. Analgesics can be continued for the next 24 to 48 hours as needed for pain.

Diet - **DO NOT LET YOUR CHILD DRINK THROUGH A STRAW (or suck from the spout of a water bottle) FOR 24 HOURS** This can help prevent loss of the blood clot and new bleeding. Ice cream or cold foods can soothe the area. A soft/liquid diet for the first 6 to 12 hours after tooth extraction is recommended.

Oral Hygiene - Today, normal brushing and flossing are encouraged except in the area of the extraction site. **DO NOT RINSE VIGOROUSLY/SPIT FOR 24 HOURS.**

Activities - After the bleeding has stopped, your child can return to school or quiet activities. Strenuous physical activity should be avoided on the day of most extractions to reduce the chance of pain or prolonged bleeding.

Other - If stitches were placed, they will dissolve. Within 14 days almost all patients will be healed from extractions. Antibiotics are *rarely* needed for patients after extractions even when the patient has had a preexisting dental infection.

Questions or Concerns - please call the office.

After Hours Emergency - call Dr. Henderson at 573-489-6843.
