



## CARE AT HOME AFTER DENTAL EXTRACTIONS

Your child had a dental extraction(s) today. The following instructions are important to follow for proper healing.

- Limit your child's activity for today.
- Have your child be careful not to chew on the extraction site
- Do not brush or rinse the area for 24 hours.
- Do not allow your child to suck through a straw, nurse or use a sippy cup for at least 24 hours. This can cause enough pressure to dislodge the healing clot that is forming.
- Have your child eat a soft, cold diet such as soup (cooled temperature), yogurt, applesauce, etc. Hard, sharp foods may irritate the extraction area and cause bleeding. Crushed ice or Popsicles (avoid sucking on them) can provide some comfort.
- Help your child keep their fingers out of their mouth to avoid irritating the extraction site.
- Give your child Children's Tylenol or Motrin to minimize pain after the extraction and once again 6 hours later. Follow the correct dosage depending on your child's age and weight.
- The extraction site may ooze blood for a while—expect your child's saliva to look pink. We have placed some gauze to help stop the bleeding. Persistent bleeding may be relieved by replacing the gauze and having your child bite on it for 20 minutes.

If you have any further questions or if your child feels worse or if bleeding continues, please call the office at 425-401-1147. If it is after normal business hours please call 425-202-5401 for a phone consultation.