

Issaqueena Pediatric Dentistry

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Home Care Instructions for Tooth Extractions

- Make sure your child keeps the gauze in place, with light biting pressure, for 30 minutes. Then, remove the gauze and give your child an appropriate dose of Children's Tylenol, Motrin or Advil for the next 12-24 hours. If your child is still in pain after 48 hours, call our office.
- Your child's cheek, lip and tongue will be numb for approximately 2-4 hours. Make sure your child does not bite or touch the area. Let your child know that the "funny feeling" will go away soon.
- It is VERY IMPORTANT that your child does not spit or drink through a straw or sippy cup. This could loosen the important healing blood clot in the extraction area and start bleeding or cause infection.
- Swelling is normal. Apply an ice pack for 15 minutes on and 15 minutes off during the day following the extraction.
- Gentle brushing around the extraction area can be started immediately along with salt-water rinses (1/4 teaspoon salt to a small glass of warm water). Be sure your child swishes very gently and does not spit.
- You may see a little bit of blood mixed in with the saliva, which is normal.
- Feed your child only soft, lukewarm foods for 2-3 days
- Encourage plenty of liquids (water, soups, juices). A regular diet can be started as tolerated by your child.
- Limit physical activity and encourage naps.