



VAUGHAN CHILDREN'S DENTISTRY

INSTRUCTIONS FOLLOWING DENTAL EXTRACTIONS

Numbness: When an anesthetic has been used (dental freezing), your child's lips and tongues may be numb for 2-3 hours after the appointment. Please be sure to watch your child!! Patients should avoid any chewing and hot beverages until the numbness has completely worn off. Soft foods are acceptable. It is very easy for children to bite or burn their tongue or lip while they are numb. If your child does bite his/her lip the bitten area will swell, ulcerate, and look like a bad burn. In 7-10 days, the swelling will subside and the area will return to its normal look. Placing an ice-pack will reduce the swelling

Bleeding: The bleeding was controlled before we discharged your child, but some occasional oozing (pink or blood-tinged saliva) may occur. Hold gauze with firm pressure until oozing has stopped. You may need to change the gauze or repeat this step. If bleeding continues for more than 2 hours contact our office. A small amount of blood may be seen on the pillow the next day.

Diet: After all bleeding has stopped your child may drink cool non-carbonated liquids but should not use straw. Cold soft foods like ice cream, instant breakfast, pudding, and yogurt are ideal the first day. By second day your child can eat normal foods as tolerated. Until healing is more established, avoid foods such as nuts and popcorn that may get lodged in the surgical areas

Daily Activities: Today, avoid exercise and exertion. Tomorrow your child can return to normal activities as tolerated.

Oral Hygiene: Keeping the mouth clean is essential. Today, teeth may be brushed and flossed, but avoid stimulating the surgical site. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean the teeth where comfortable.

Pain: Because some discomfort is expected, you may give your child acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) before the numbness wears off. Do not give Aspirin to your child. Follow the instruction on the bottle for dosing based upon your child's age/weight. If pain is not relieved by one medication, you can alternate between both

Swelling: Slight swelling and inflammation may occur for the next 2 days. If swelling occurs, ice packs may be used for the first 24 hours (10 minutes on then 10 minutes off) to decrease swelling and/or bruising. If swelling occurs after 48 hours, please call our office.]

Fever: Slight fever is not uncommon within the first 48 hours after surgery. If a higher fever develops or the fever persists, call our office.