

Post-op Instructions after Extractions

Immediate Care and Comfort

To manage pain, give your child Tylenol or Motrin before the numbness wears off, but **avoid aspirin**. Some pink-tinged saliva is normal for a few days, but if active bleeding occurs, apply firm pressure with gauze until it stops. **Have your child rest and take it easy today, avoiding sports, running, or rough play.** You can use ice packs for 10-minute intervals today to keep swelling down; after 24 hours, switch to warm compresses if needed.

Diet and Hygiene

Once bleeding stops, encourage plenty of cool liquids and soft foods like pudding or yogurt. **Do not use straws or spit for 7 days**, and avoid crunchy foods like chips or nuts until healing is complete. While you should keep the mouth clean by brushing other teeth gently, do not disturb the surgical site today. Starting tomorrow, your child should rinse with warm salt water after every meal.

When to Call Us

Please contact the office if bleeding continues for more than two hours or if pain does not improve with medication. You should also call if your child has a fever over 100.5°F, if new swelling appears after the first two days, or if they experience a deep, throbbing pain in the jaw 3 to 5 days after the appointment.