

CARE AFTER TOOTH REMOVAL

Care after tooth removal is important. Healing may be slowed, or problems can occur if these instructions are not followed. If you have any questions or problems, call us at (707) 262-1919.

THE DAY OF THE TOOTH REMOVAL

BLEEDING

- Have your child bite a moist gauze pack for at least 30 minutes with a firm, constant pressure
- Chewing, sucking, or spitting can make the forming blood clot loosen and fall out. If bleeding continues, have your child bite the gauze pack or tea bag for at least 30 more minutes.
- Keep your child quiet today. If your child lies down to watch TV or read, use several pillows behind the back and head so he/she is partially sitting up.
- Some blood in the saliva is expected for the rest of today and possibly tonight. Remember a little blood may look like a lot when mixed with saliva. Bruising should resolve in 1 week.
- If the bleeding resumes and appears excessive, please do not hesitate to contact us immediately.

SWELLING

- Swelling is not expected for teeth that were already through the gums. Swelling is expected if the tooth was not through the gums or was impacted.
- If there is swelling, put an ice pack to the cheek in the area of the surgery for 20 minutes on, and 20 minutes off. This may need to be done for the first 6 to 8 hours.

PAIN

- Give your child Motrin according to the instructions on the bottle

DIET

- Do not use straws or nursing bottles as the extra suction can cause the clot to come loose and restart bleeding.
- For the rest of today, give your child only liquids - water, juice, milk, broth, or Instant Breakfasts. Ice cream is also OK. Avoid: alcohol, coffee, tea, cola drinks (Pepsi & Coke), orange or grapefruit juice.

ANTIBIOTICS

- If your child was given a prescription for antibiotics, follow the instructions and continue taking them until the bottle is empty.

EXERCISE

- Encourage quiet activities for your child. This may include reading a book, playing cards, coloring, or watching TV.

THE SECOND DAY

TOOTH BRUSHING

- Routine brushing can be started again today. Brush the teeth as usual, and then use a cotton swab (a Q-tip) around the sore spot.
- Rinse the mouth with warm water or warm salt water several times a day. This will encourage healing. Salt water can be made with one teaspoon of table salt in one cup of warm water.

DIET

- Soft foods such as yogurt, Jell-O, soup, mashed potatoes, and refried beans may be necessary today. Your child can eat a regular diet as soon as it is comfortable to chew. **If your child develops a fever over 101° for more than 8 hours, call your Pediatrician, call Dr. Palmer's emergency only # @ (303) 565-6695, or report to your nearest emergency room.**