

## CARE OF THE MOUTH AFTER EXTRACTIONS

1. Your child has had one or more teeth removed or "wiggled." The gauze "bandaid" needs to stay in place with biting pressure for 30 minutes. Do not sleep or eat with gauze in mouth.
2. **DO NOT BITE**, suck or rub the lips, face or tongue while they feel numb or stiff. Your child should be watched closely so that he or she does not chew his lips, insides of cheeks, or tongue while they are numb. The feeling should return to the mouth in one to three hours.
3. **DO NOT RINSE** the mouth for several hours. **DO NOT USE** a straw for several days. Brush your teeth as usual being careful of the operative area. Please remember a clean mouth heals faster.
4. **KEEP FINGERS AND TONGUE** away from the socket.
5. **BLEEDING:** Some bleeding following tooth extraction should be expected. Keep the head elevated. If bleeding seems excessive, place gauze firmly over the area of extraction and bite down or hold in place for at least **TEN MINUTES**. Repeat if necessary.
6. **PAIN:** Pain can generally be controlled by Acetaminophen (Tylenol) or Ibuprofen (Motrin). Follow package direction for proper dosage.
7. **FOOD:** It is important to drink and stay well hydrated for several days following surgery. We recommend starting with soft foods and advancing as tolerated.
8. If you have cause for concern, please contact us day or evening at (757) 482-4777.

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