



## Post-Operative Surgical (extraction) Instructions

Please read the following information and follow the instructions provided.

**NUMBNESS:** The mouth will be numb approximately 2-4 hours and sometimes longer in the event a longer acting local anesthetic was used. Parents should watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.

**BLEEDING:** Bleeding was controlled before we discharged your child but there may still be slight bleeding. If so, hold gauze with firm pressure against the surgical site until oozing has stopped. You may need to change the gauze or repeat this step if necessary. If bleeding continues for more than 4 hours, please contact us.

**SURGICAL SITE CARE:** On the day of your extraction, please be sure to not disturb the surgical site. Do not stretch the lips or cheeks to look at the area. Do not rinse vigorously, use mouthwash, or probe the area with fingers or other objects. Beginning tomorrow, you may rinse with warm salt water ( $\frac{1}{2}$  teaspoon salt with 1 cup water after meals).

**SUTURES:** Sutures (stitches) were placed to help control bleeding and promote healing. These sutures will dissolve and do not need to be removed OR will be removed at your follow-up visit.

**DAILY ACTIVITIES:** For the day immediately following extraction, avoid physical exercise and exertion. Return to normal activities as tolerated.

**DIET:** The patient may drink cool non-carbonated liquids but should NOT use a straw. Encourage fluids to help avoid dehydration. Cold soft foods (eg, pudding, yogurt) are ideal the first day. By the second day, consistency of foods can progress as tolerated. Until healing is more established, avoid foods such as nuts, sunflower seeds, and popcorn that may get lodged in the surgical areas.

**ORAL HYGIENE:** Keeping the mouth clean is essential. Teeth may be brushed and flossed gently, but avoid disturbing the surgical site. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean the teeth within the bounds of comfort.

**PAIN:** Because some discomfort is expected, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®) before the numbness wears off. Follow the instructions on the bottle for dosing based upon your child's age/weight. If pain is not relieved by one of these medications, a prescription may be needed. Take prescription pain medication with a small amount of food to avoid nausea.

**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 persists after 24 hours, warm/moist compresses (10 minutes on then 10 minutes off) may help. If swelling occurs after 48 hours, call our office.

**Fever:** A slight fever (temperature to 100.5°F) is not uncommon the first 48 hours after surgery. If a higher fever develops or the fever persists, call our office.