

**KIDS DENTAL SPECIALISTS
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909-591-0077**

POST-EXTRACTION INSTRUCTIONS - PLEASE READ CAREFULLY

Care of the mouth after extraction has an important effect on healing. Swelling, discomfort, slight oozing of blood and restricted jaw movement may be expected but can be minimized if the following post-operative instructions are followed carefully.

BLEEDING

A folded gauze sponge has been placed in the area of surgery prior to your child leaving our office. Bite on it with constant firm pressure. After 20 minutes of biting you may remove the gauze. If there is continued bleeding, place a new gauze. Repeat every 20 minutes until bleeding has stopped. Do not place a large bulky gauze pack for it will only put pressure on the nearby teeth, and not in the area of bleeding. Do not replace the gauze if there is only slight oozing. Avoid spitting and rinsing your child's mouth on the day of surgery.

REMEMBER, a drop or two of blood mixed with saliva may seem like a mouth full of blood. Place a towel on your child's pillow to prevent staining of your linen with blood, which will be in your saliva for several hours. FIRM BITING, PRESSURE and a CORRECTLY PLACED gauze pack on the surgical area is the most effective means of stopping bleeding.

SWELLING

Swelling will be at its greatest 2 days after surgery, and then the swelling will slowly disappear. To minimize swelling, apply an ice bag to the operated side of the face as soon as you arrive home. Apply cold for 20 minutes, then off for 10 minutes. Continues for 2-3 hours. Call our office if swelling does not disappear 1 day after surgery.

PAIN

Discomfort may be expected. Over the counter Tylenol will make your child more comfortable. Severe pain lasting for more than 3 days is not normal. Come in or call if this happens. Remember, after a pain medication is swallowed, it may take an hour to take effect and only for 3 to 4 hours. It is therefore, important to try to keep ahead of anticipated pain. The full dose of pain medication taken every 3-4 hours as directed for your child's age and weight will be much more beneficial than smaller amounts taken more frequently.

CARE OF THE MOUTH

Do not rinse your child's mouth the day of the extraction. This may dislodge the blood clot and interrupt the normal course of healing. The morning after surgery, rinse gently with very warm salt water (1/2 tsp. of salt in a glass of warm water). Repeat every few hours, especially after meals, for the next 3-4 days.

DIET

You child may prefer soft or liquid foods for more comfort. Avoid foods that require hard chewing. It is very important to maintain a good dietary intake even if it is only liquids. Avoid straws.

NOTE: In case of problems, or if you have any questions, please contact our office, 909-591-0077. Please try to anticipate prescription refills or care problems during regular office hours. However, you may reach Dr. Tran at 714-271-9874 after hours.