



CARE AFTER TOOTH REMOVAL

Healing may be slowed, or problems may occur if these instructions are not followed. If you have any questions about your child's healing, call your Junior Smiles Dentist.

The Day of the Tooth Removal

Pain

- ✓ Give Children's Tylenol (Acetaminophen) according to the instructions on the bottle.
- ✓ If the doctor deemed it necessary to prescribe a pain medication, follow the instructions on the bottle.

Bleeding

- ✓ Have your child bite a moist gauze pack for at least 15 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 for at least 15 more minutes. **DO NOT ALLOW YOUR CHILD TO SLEEP WITH GAUZE IN THEIR MOUTH.**
- ✓ Have your child rest 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.

Swelling

- ✓ Swelling is not generally expected, but can occur.
- ✓ If there is swelling, place an ice pack on the cheek in the area of the surgery for 20 minutes, then remove for 20 minutes. This may need to be done for the first 2 to 3 hours. **DO NOT APPLY HEAT.**

Diet

- ✓ Do not use straws or nursing bottles as the suction can cause the blood clot to come loose and restart bleeding.
- ✓ For the rest of today, give your child mainly liquids and soft foods such as water, juice, milk, broth, or Instant Breakfasts. Ice cream is also allowed. **AVOID:** tea, and soda pop.

Antibiotics

- ✓ Antibiotics are not required every time a tooth is removed. If the doctor deemed it necessary to prescribe 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 television.

The Day After Tooth Removal

Tooth Brushing

- ✓ Routine brushing can be started again. Brush the teeth as usual, and then use a cotton swab (a Q-Tip) around the area where the tooth was removed.
- ✓ Rinsing the mouth with warm water or warm salt water several times a day can 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 are recommended. Your child can eat a regular diet as soon as it is comfortable to chew.

Jr. Smiles Children's Dentistry®

9645 Washington St, Ste. 100
Thornton, CO 80229

(303) 455-3313
info@KidsDentalSmile.com

Fax: 1 (888) 580-6052
www.KidsDentalSmile.com