



YELLOWHAWK
TRIBAL HEALTH CENTER
DENTAL DEPARTMENT

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Extraction Post-Op Instructions for Children

- The gauze that has been placed needs to stay in place for 30 minutes with biting pressure. This will reduce the amount of bleeding. Bleeding is normal and part of the healing process.
- Give your child the appropriate dose of children's Tylenol or Ibuprofen while they are still numb and as needed.
- Your child should eat only soft, bland food for the first couple of days – no sharp, crunchy, spicy or acidic foods for the first 24 hours. Avoid too hot or cold food and drink as the area may be tender. Encourage plenty of liquids (water, juices, soups, etc.) Avoid carbonated beverages (soda pop).
- No spitting or drinking through a straw, bottle or sippy cup, as the sucking action may cause prolonged or increased bleeding.
- A clean mouth heals faster. Gentle brushing can resume same day, but if age appropriate, begin warm salt water rinses 24 hours after extraction, ($\frac{1}{4}$ teaspoon salt to an 8 ounce glass of water).
- Activity may need to be limited, plenty of rest and slower movement is recommended for the first 24 hours as this may increase bleeding from the extraction site.
- Your child's lip, cheek and/or tongue will be numb for several hours. Please monitor that they do not bite or pinch the area, as this could cause swelling and increase in pain. As this area "wakes up" it may feel funny, such as a tingling sensation.
- A small amount of oozing is normal, if bleeding becomes heavy or is not controlled, call our office immediately.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE
CALL OUR STAFF AT 541.240.8698.**