



### **Extraction Post-Operative Care:**

#### Instructions for home care

It is important to take care of your child's surgery site, so please follow these instructions:

1. Encourage your child to bite on gauze for 30 minutes to stop any bleeding.

Note: If heavy bleeding persists replace the gauze with clean moist, folded gauze pad places over the surgery site and maintain pressure until the bleeding stops. In rare cases, a wet tea bag (tannic acid) may need to be used to encourage clotting. (Regular, not herbal tea)

2. For the next 72 hours do not allow your child to:
  - Drink through a straw
  - Drink hot liquids
  - Blow his/her nose
  - Spit forcefully
  - Do anything that will create suction in his/her mouth

Any of these things may cause the blood clot over the surgery site to dislodge from the "socket" resulting in unnecessary pain. Maintain a liquid to soft diet for the next 24 hours- things like warm soup, cottage cheese, eggs, milk, protein shakes. Foods that are high in protein, Vitamin C, and calcium are recommended.

3. You may brush your child's teeth normally starting tomorrow, but please do not spit.
4. If you were given medications, take them according to the instructions. If you have pain medications at home, you may take them according to instructions.
5. 24 hours after surgery, start rinsing **gently** with salt water (1 teaspoon of salt to 8oz of warm water), every four hours for two days. Hold warm water in mouth until water cools, lean over sink and let the water gently fall out. **Do Not Spit!**
6. If your child's pain, discomfort, or bleeding continues or worsens, call the office for a re-examination. If any problems or questions do arise, please feel free to call the office.

#### **Anesthetic:**

If your child was given local anesthetic today for work done please do not allow your child to chew anything until the numbness has worn off (usually 2-3 hours). If your child tries to chew during this time, he/she may accidentally bite his/her lip or tongue and not be aware of it.

The lip feels very odd to your child. Watch your child carefully over the next 2-3 hours to make sure they are not chewing on the area that is numb.

This may create additional soreness once the anesthetic has worn off.

Please feel free to call our office at (406) 656-6100 with any additional question. Thank you for trusting Brewer Dental Center for your dental needs.