



COURTSIDE *Dental*

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Post Operative Instructions – Primary Tooth Extractions

Healing after the extraction of a primary tooth is quite quick and uneventful, but be sure to follow the instructions below for the best results.

- Have your child bite firmly on the provided gauze for **30 minutes**.
- Your child's cheek, lip, and tongue will be numb for approximately 2 to 3 hours. **Please be very careful that your child does not bite or pick at the area.** A self inflicted bite injury is the most common complication after treatment.
- Avoid sippy cups, bottles, straws, and pacifiers for the first 24 hours after the procedure. The sucking action may cause prolonged bleeding.
- Avoid salty, spicy, acidic, or crunchy foods for the first 24 hours after the procedure as this may irritate the extraction site. Cold and/or soft foods are a great choice (apple sauce, yogurt, smoothies without a straw, cooled down macaroni and cheese, etc.) This is an excuse to have ice cream for supper! 🍦
- Children's Tylenol or Motrin or whatever your child usually takes for pain can be given for any discomfort.
- Swelling isn't very common with the extraction of primary teeth. If swelling does occur, the application of an ice pack wrapped in a towel held to the outside (cheek) of the swollen area will be helpful (15 minutes on and 15 minutes off).
- Do not allow your child to participate in strenuous activity for the first 24 hours after the procedure as this may also increase bleeding from the extraction site.
- A small amount of oozing is normal, however if bleeding becomes heavy, have your child bite firmly on the provided gauze or a damp tea bag wrapped in gauze for another 15 minutes.
- A clean mouth heals faster! After 24 hours, gentle brushing around the extraction site can be started along with salt water rinses (1/4 tsp salt in one cup of warm water).
- If the bleeding continues or cannot be controlled, **please call our office immediately at 306-525-2577.**

If you have any questions or concerns, please do not hesitate to give the office a call!