



Post-op Instructions after Dental Extractions

Bleeding: Bleeding was controlled before we discharged your child, but some occasional oozing (pink or blood-tinged saliva) may occur. Hold gauze with firm pressure against the surgical site until oozing has stopped. You may need to change the gauze or repeat this step. IF bleeding continues for more than two hours, contact us.

Oral hygiene: Keeping the mouth clean is essential. Today, teeth may be brushed and flossed gently, but avoid stimulating the surgical site and brush very gently in the site of extraction.

Starting tomorrow you may use a warm saltwater rinse to keep the extraction site clean. Simple place 1 to 2 teaspoons of salt in a warm cup of water – stir and then have your child swish by mouth a few times daily, or at least after each meal or snack.

Diet: After all bleeding has stopped, the patient may drink cool non-carbonated liquids, but should NOT use a straw for 48 hrs. Encourage fluids to help avoid dehydration. Cold soft foods (e.g. applesauce, diced peaches, watermelon, ice cream, gelatin, pudding, yogurt) are ideal the first day. By the second day, consistency of foods can progress as tolerated. Until healing is more established, avoid foods such as nuts, sunflower seeds, and popcorn that may get lodged in the surgical areas.

Healing: This area should heal up in approximately 2 to 3 weeks.