

Care After Extractions

- 1. Your child must bite on the cotton roll provided for 10 minutes, remove, place a new cotton roll and continue until bleeding stops. We will give you a pack of cotton rolls and Motrin to take home with you.**
- 2. Your child will experience numbness for approximately 1-2 hours. Please watch so your child does not bite the cheek, lips, or tongue.**
- 3. Your child can eat something soft, like yogurt or smoothie, immediately as they will be hungry after their visit. No drinking out of a straw for 24 hours. Please use a spoon for soft foods.**
- 4. Keep your child on a soft diet for 3-4 days. Avoid hard, sticky, and chewy foods such as pizza, sandwiches, candy, juice, soda, chips, crackers, spicy foods. Some suggestions: pasta, rice, soup, yogurt, mashed potatoes, apple sauce, soft meats.**
- 5. If your child is old enough to rinse and spit out, have your child rinse with warm saltwater once a day for 3-4 days.**
- 6. Give Ibuprofen (Advil or Motrin) or Tylenol for any discomfort. Please adhere to medication recommendations given based on your child's age.**