

## SONORAN CENTER FOR PEDIATRIC DENTISTRY, P.C.

### INSTRUCTIONS AFTER EXTRACTIONS

Your child had one or more teeth extracted today. You can expect to see some oozing or slight bleeding for the next hour or so. We will not dismiss your child from the office if bleeding from the extraction sites has not been controlled, so do not be alarmed if you find a small amount of blood on the pillow tonight or tomorrow morning.

1. **BLEEDING** - is a normal post-extraction finding. Bite down on gauze for 10-15 minutes - if oozing still present, replace gauze and bite down for 15 minutes. Do not rinse mouth. Keep fingers and tongue from extraction site. Playing with the extraction site will cause bleeding to continue. It is normal for the saliva to be streaked with blood for 1-2 hours.
2. **DISCOMFORT** - it is normal to have some post-operative discomfort although your child will leave the office with the extraction area being "numb." You may give Tylenol or other non-aspirin product. Do not use an aspirin based product as this may cause bleeding to continue or be prolonged. If medication has been prescribed, please take as directed.
3. **NUMBNESS** - a local anesthetic (ex. - lidocaine) was used to make your child comfortable (numb) during his/her dental treatment. The numbing effect of the local anesthesia may last for 2-4 hours after treatment has been completed. Some children may attempt to bite or rub the numb area because it feels unusual or different. This should be avoided because your child may bruise/hurt him/herself. Your child should not eat during this time as a precaution against biting him/herself. You may give him/her liquids.
4. **DIET** - soft foods for the balance of the day. Liquids should be encouraged.
5. **Miscellaneous** - Please do not allow your child to use a straw, sippy cup or any other device that causes a suction effect for the balance of the day. The creation of a suction can lead to continuous bleeding and oozing from the extraction sites. Avoid having your child spit as this too may stimulate continued bleeding or oozing.

SHOULD YOU HAVE ANY CONCERNS PLEASE CALL US AT 520-6744-2663.