



## POST-OP EXTRACTION (PEDO)

| DOB:

### EXTRACTION

#### *Post-Operative Instructions*

#### Local Anesthesia

- The numbness from the anesthesia injection will wear off within a few hours.
- Monitor your child very closely while they are still numb, they are likely to bite or chew on numb lips, tongue and cheeks without knowing.
- Your child may experience tenderness, mild swelling or bruising to the injection site. In rare cases, prolonged numbness can occur.
- Please contact our office if numbness does not wear off within 48 hours of surgery.

#### Bleeding

- Keep gauze in place in your child's mouth for the next 15-30 minutes. If there is still bleeding when the gauze is taken out, put an additional piece of gauze in for another 15 minutes. Repeat until bleeding has slowed to a slight ooze.
- It is normal for some minor bleeding to continue for the first few hours. If your child continues to bleed strongly after 4-6 hours, please call the office immediately.
- Avoid doing anything that will remove the newly forming clot from the extraction site. **Avoid sucking on a straw, spitting, blowing your nose or anything else that will push or pull the clot out of the socket.**
- Place a folded towel over your child's pillow in case of any bleeding while sleeping.

#### Diet

- For 2 days after surgery, we recommend your child drink liquids and eat soft foods only. Such as milkshakes, eggnog, yogurt, cooked cereals, cottage cheese, smooth soups, mashed potatoes, refried beans, ice cream, pudding, fruit smoothies and protein shakes.
- On day 3 after surgery, they may gradually start incorporating soft foods that do not require much chewing, such as macaroni and cheese, cooked noodles, soft-boiled /scrambled/ poached eggs and soft sandwiches. Avoid tough or crunchy foods, such as pizza, rice, popcorn, and hamburger. Avoid spicy and acidic foods. Most patients may resume their normal diet 3-4 days after surgery.

#### Do's & Don'ts

- Do use ice compressions on for 10 minutes, off for 20 as needed
- Do not use heat compressions. Heat can increase swelling and cause unnecessary discomfort.
- Do use spoons for soft foods and liquids
- Do not suck through a straw, or swish vigorously with mouthwash/water
- Do limit your child's physical activity for the first 2 days to allow adequate time for healing and clotting

#### Brush, Floss & Smile!

Although we do recommend not brushing the extraction site for 1-2 days, we suggest continuing to brush and floss all of their other teeth as your child normally would. If brushing hurts, they may be getting too close to the surgical site. Mouthwash should be avoided for the first 2 days after surgery, and can be resumed after day 3.

If you believe your child is experiencing complications from their procedure, call our office (908) 376 9297 as soon as possible. If it is after hours, and your child is experiencing a true medical emergency, please go to the closest emergency room and seek the care of a physician.

Patient's signature:

Date:

Doctor's signature:

Date: