



## Tooth Extraction Homecare

There are several things that can be done to feel better and encourage proper healing after an extraction. After a tooth extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That is why your child is asked to bite on a gauze pad for 30 minutes after the appointment. If the bleeding or oozing persists, they should place another gauze pad and bite firmly for another 30 minutes. This might have to be done several times.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids in healing. They should not rinse vigorously or spit forcefully, suck on straws, or drink from a baby bottle for 2 days following the extraction. Vigorous exercise, strenuous activity and sports should be avoided as well as swimming. These activities can dislodge or dissolve the clot and slow down the healing process. These actions will also increase blood pressure and may cause more bleeding from the extraction site.

**BE SURE TO EAT!** Even though they cannot sit down to a full meal, they should eat soft foods such as whipped potatoes, Jell-O, ice cream, soups, etc. Avoid very hard, crunchy, spicy, or hot foods. They should drink lots of fluid and eat nutritious soft foods on the day of the extraction. They can eat normally as soon as they are comfortable.

Starting 24 hours after the extraction they can rinse gently with warm salt water up to three times per day.

After the tooth is extracted it is possible that they may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn can be applied to the area will help to keep swelling to a minimum.

Any prescribed pain medication should be taken as instructed. If antibiotics are prescribed, they should continue to be given for the indicated length of time, even if signs and symptoms of infection are gone.

It is important to resume their normal dental routine. This should include brushing two times a day and flossing at least once a day. This will help aid the healing process.

After a few days they will feel fine and can resume their normal activities. If they have heavy bleeding, sever pain, continued swelling for 2-3 days, or a reaction to any prescribed medication, please call our office immediately.

Call us if any questions arise concerning any aspect of the treatment at 301-485-KIND (5463)