

POST-OPERATIVE CARE FOR CHILDREN

- **BITE ON GAUZE PACK FOR:** () 30 Minutes
() 1 Hour

Be sure your child keeps pressure on the extraction site by biting firmly on the gauze we provide, without opening, for the amount of time indicated above to stop bleeding. If the area continues to bleed, try placing a damp tea bag directly over the extraction site and have your child bite against it with additional gauze for adequate thickness. However, please be aware that a small amount of blood in his or her saliva is normal for up to twelve hours after the extraction. Please call our office if there is significant bleeding at the extractions site after twelve hours.

- **TODAY, DO NOT:** **RINSE VIGOROUSLY**
SPIT
DRINK THROUGH STRAWS
BRUSH TEETH

These activities may invite infection, irritation or bleeding.

If your child has any sports or other strenuous activities, the Doctor may recommend that they not participate for today. Please see below:

- () No Activities _____
- () Light Activity _____
- () No Restrictions _____

- **TOMORROW: BRUSH TEETH** as well as possible
RINSE GENTLY as necessary

Your child may also do warm salt water rinses to help with healing and keep the area clean.

Mix one teaspoon of salt with approximately eight ounces of water and have your child swish for about thirty seconds, then spit. If your child dislikes the taste of salt or tends to swallow the liquid, have him or her rinse with plain water.

- **DIET:** Your child should avoid solid foods until numbness is gone. He or she may then eat or drink normally, but should avoid chewing on the area of surgery for the first few days. Your child should consume plenty of fluids and substitute soft nutritious foods for those which are difficult to chew.
- **MEDICINES:** Your child may take any normal prescription medicines as directed. If your child experiences any soreness or pain give him/her whatever you would normally give for a headache, such as Children's Tylenol or Children's Motrin. Dispense medication only as directed and do not give children Aspirin. If your child experiences pain that over-the-counter medications cannot control, call our office.
- **GENERAL SYMPTOMS:**
 1. Your child's temperature may be slightly elevated for 24-48 hours after the extraction.
 2. Tightness of the muscles (trismus) may cause difficulty in opening the mouth.
 3. Your child may have a slight earache or sore throat.
 4. The skin may become discolored for approximately 1-2 weeks after the extraction.
This is not a bruise. It is the result of bleeding into the tissue and is of little significance.
 5. Mild swelling may occur, but if it is more than slight, call the office.