

## INSTRUCTIONS AFTER ORAL SURGERY

1. Have your child bite on gauze for at least 30 minutes. If your child cannot bite on gauze, then an adult must hold the gauze in place with firm gentle pressure.
2. Keep fingers and tongue away from the area of extraction.
3. Do not let your child rinse his or her mouth or spit for at least 24 hours. Encourage swallowing.
4. Do not use a straw. Cold or lukewarm drinks are permissible with a cup.
5. Brush teeth gently today, being mindful of the surgical site. It is important to keep the surgical site clean and free from debris to avoid infection.
6. If your child experiences discomfort after the local anesthetic has worn off (2-3 hours after the procedure), you can give him or her a dose of Advil or Tylenol.
7. Diet – Cold or lukewarm liquids for the first 2-3 hours. After the freezing has worn off, soft food is permissible (e.g. yogurt, mashed potatoes, pasta, scrambled eggs, etc.). Avoid eating rice for at least two days.
8. Bleeding. It is normal for the saliva to be streaked with blood during the first day. If bleeding is persistent, fold sterile gauze into a firm bundle and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted with a wet tea bag. The tannic acid in the tea has a clotting effect.
9. Lip biting. Many children are not accustomed to the strange feeling of the anesthetic, or “freezing”, and will bite their lips or cheeks. Please watch your child carefully and try to prevent him or her from biting the anaesthetized (numb) area.
10. Swelling and Discoloration. These may be expected in certain areas, usually reaching their peak about two days after surgery. They will gradually disappear and there should be no cause for concern. If desired, ice packs may be applied for the first 4-6 hours, alternating for 20 minutes on, and 20 minutes off.
11. If you have any questions, please call our office.