

**South Bay  
Pediatric  
Dental  
Group**



## **Post- Operative Instructions**

The following information will give you general guidelines for after extraction care. It is our desire to make your child's recovery as smooth and pleasant as possible.

### **BLEEDING**

Have your child bite down firmly on the gauze for the first 15 to 20 minutes after the procedure keeping the gauze in place. Do not change the gauze for the first 20 minutes unless the bleeding is not being controlled, afterwards replace moist gauze as needed. Intermittent bleeding or oozing is normal. It may be controlled by placing fresh gauze over the surgical area and biting down firmly for 30 minutes. If bleeding remains uncontrolled, **Please call the office at (619) 216-1100.**

### **PAIN**

Unfortunately, most oral surgery is accompanied by some degree of discomfort. Your child should take his/her first dose of pain medication before the anesthetic has worn off. If pain persists, **Please contact our office at (619) 216-1100.**

### **DIET**

It is recommended to have a soft/liquid diet for the first 6 to 12 hours following extraction. Drinking through straws is **NOT PERMITTED**. Avoid hard, hot, spicy, or greasy foods. Suggested soft foods include soup, smoothies, yogurt and ice cream, which usually may feel the best during the first 6 to 12 hours.

### **ORAL HYGIENE**

Brushing and flossing are encouraged as normal except for the extraction site for the first day. Warm salt water rinses are recommended 3 times per day on the next day of the appointment, avoid vigorous rinsing.

### **ACTIVITIES/ SPORTS**

Please limit any type of sport activities (i.e. running or swimming,) for the first 24 hours following oral surgery appointment.