

Post Operative Care for Primary Tooth Extraction(s)

Swelling

Swelling after an extraction is not uncommon and should not cause alarm. To help prevent swelling, apply an ice pack to the outside of your face in the extraction area for the first 12-24 hours. Apply, alternating 20 minutes on then 20 minutes off. Keep head elevated with head above the heart when resting.

Bleeding

Minor bleeding or blood-tinged saliva may occur for the first 24-48 hours. Keep pressure on the surgery site by biting on the gauze for the first two hours following surgery. Replace gauze every 15-30 minutes as needed. Gauze needs to be removed before eating, drinking or when taking medication. If bleeding is still persistent after the third hour, moisten a tea bags and place them on the extraction site for 30 minutes.

Pain

Medication may have been prescribed according to your anticipated level of discomfort. Please take as directed. If you feel that children's Motrin, Advil or Tylenol would be sufficient you may give your child the age appropriate dose. Please follow the instructions on the package. If pain persists, please call our office.

Cleaning/Rinsing

A clean mouth heals faster. Warm salt water rinses can begin 24 hours after surgery. Do not brush directly on the extraction site for the first 3-4 days after surgery to prevent dislodging of the blood clot from the socket, however regular oral hygiene should be continued in all other areas.

Diet

A soft food or liquid diet is recommended for the first 24-48 hours. During this time, please avoid straws, alcohol, carbonated beverages and hot food/drink while still numb. Patients can generally return to a normal diet within 2-3 days.

Physical Activity

Heavy exercise and/or physical activity should be avoided for the first 3 days following surgery. All full contact sports should be avoided for a minimum of 2 weeks following wisdom teeth extraction.

Behavior

Children may behave differently after surgery. Young children may be cranky and demand/require more attention. For most children this is temporary, however, be understanding and set gentle limits.

Dental Appliances

Such as retainers, night guards, flippers and other removable mouthpieces are encouraged to be worn as soon as it feels comfortable.

Contact

If you have any questions or problems, please don't hesitate to call us at (817) 431-9566 Monday, Tuesday, Thursday 8:00am-5:00pm, Wednesday and Friday 8:00am-3:00pm.