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YOUR CHILD'S HOME CARE AFTER A ROUTINE EXTRACTION

For parents and caregivers • Routine extraction with local anesthetic. If your child received sedation or general anesthesia, also follow the separate discharge instructions.

1 Bleeding & gauze

Pink saliva or slight oozing is common today. For active bleeding, place damp gauze over the socket and apply steady biting pressure for 20 minutes. Repeat once if needed. Call if bleeding continues.

Supervise gauze use; remove before food, drinks or sleep. Never leave loose gauze in a young child's mouth.

2 While the mouth is numb

Numbness often lasts 2-4 hours, sometimes longer. Prevent lip, cheek and tongue biting, sucking or scratching. Wait until numbness wears off before chewing. Avoid hot food and drinks. Offer small sips of cool water when alert and swallowing normally.

3 Protect the healing clot

For 24 hours: no rinsing, forceful spitting, straws or sucking at the socket. Keep fingers, toys and the tongue away. Do not repeatedly pull the lip or cheek aside to inspect the area.

4 Soft foods & fluids

Once bleeding stops, offer frequent drinks from a cup. Choose yogurt, applesauce, mashed potatoes, eggs or soft pasta. Chew on the opposite side if possible. Avoid hot, crunchy or sharp foods, nuts, seeds and popcorn. Resume usual foods as comfortable.

5 Comfort & medication

Use children's acetaminophen or ibuprofen only if appropriate, following your dentist's directions or weight-based package dosing. Do not exceed doses or give aspirin. Check any dose already given at the appointment.

Follow all instructions from your dentist. If antibiotics or other prescription medicines are prescribed, take them exactly as directed. Contact us before changing or stopping treatment, or if a reaction occurs.

6 Keep the mouth clean

Gently brush the other teeth with fluoride toothpaste tonight; avoid the socket. No rinsing for 24 hours. After 24 hours, children who can safely rinse and spit may use warm salt water after meals for several days: ½ teaspoon salt in 1 cup water. Skip rinsing if your child cannot spit safely. Medicated rinses only if prescribed.

7 Rest & recovery

Quiet play today; avoid running, sports and strenuous activity for 24 hours. For mild swelling, use a cold pack wrapped in cloth: 10 minutes on, 10 off during the first day. Do not pull at stitches. Keep any advised follow-up visit.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for persistent bleeding, severe or worsening pain, swelling that increases after 48 hours, fever of 101°F or higher or persistent fever, a medication reaction, or difficulty drinking / much less urination.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, or a severe allergic reaction. Seek urgent care for heavy, uncontrolled bleeding.

Care guidance: American Academy of Pediatric Dentistry; pediatric dental aftercare from NHS hospitals. Your dentist's individualized instructions take priority. Keep this guide handy during recovery.