



POST OP INSTRUCTIONS FOR CHILDRENS EXTRACTION

1. After the extraction

- **Do not** spit or rinse. A blood clot will form in the socket which helps with the healing process. Spitting or rinsing can dislodge the clot
- **Do not** touch, play or stick your tongue in the hole where the tooth was
- **Do not** bite, suck, or scratch your lip, cheek or tongue as they will be numb
- **Do not** run about or play any sport – this increases blood flow and can cause bleeding to reoccur. Take it easy for the rest of the day
- **Do not** eat hard, sticking or spicy foods. Eat soft, nutritious foods on the day of the extraction
- **Do not** have hot drinks or foods while the area is numb as you don't want to burn yourself
- **Do not** drink with a straw. This creates pressure in the mouth through sucking and can dislodge the clot in the hole where the tooth used to be

2. Bleeding

- If bleeding starts to reoccur place the gauze pack provided over the socket and get your child to bite down applying pressure for roughly 20 minutes and this should stop the bleeding. If bleeding does not stop or you have any concerns with bleeding, please contact the clinic immediately.

3. Pain

- Once the anaesthetic has worn off, your child may complain of having some pain and/or have some tenderness. This is normal and an over the counter pain relief (paracetamol or equivalent) can be giving making sure to follow the dosage recommended on the packaging

4. Tomorrow

- Start with salt water mouth rinses 3 times a day for the next week – A glass of lukewarm water with a teaspoon of table salt. Swish it around the mouth and spit it out.
- Continue gently brushing and keeping area clean

If there are any concerns, please don't hesitate to contact the clinic

Phone: 03 5973 5060

For after hours emergency please call 0485 864 755