

Post-Operative Instructions: Tooth Extraction of baby teeth

FOR THE REMAINDER OF THE DAY:

- *Do not spit. Use a tissue to wipe your mouth as needed or swallow your saliva.
- *Keep fingers and tongue away from the surgical area.
- *Spitting, the use of a straw and poking the surgical area can dislodge the blood clot that is forming and will cause bleeding from the area.

BLEEDING:

Some minor bleeding is expected after surgical tooth removal. It will usually subside quickly and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours.

- *Keep gauze on the surgical area with some pressure (biting) for 15-30 minutes.

PAIN:

Take paracetamol and/or ibuprofen as necessary for pain management.

SWELLING:

Although uncommon some mild swelling can occur and this is an indication to take anti inflammatory medication such as ibuprofen for 2-3 days post op to reduce the swelling. Persistent swelling or pain may necessitate the need for antibiotics.

DIET:

Soon after surgery up till anaesthetic wears off – Avoid eating or drinking to maintain clot.

Once anesthetic wears off - Have a soft cool diet (eg. ice-cream, yoghurt)

Start off with soft foods such as pasta, mashed potatoes, soups, soft chicken and veges

- *You may resume a regular diet as soon as you feel up to it, although it is recommended that you avoid carbonated beverages for 2–3 days, and avoid crunchy foods like popcorn, chips, peanuts, etc., for 1 weeks after surgery.

ORAL HYGIENE

You may start rinsing tomorrow, very gently, with some warm salt water. Do this after meals and before bed for one week. You may brush your teeth, avoiding the surgical area, either tonight or tomorrow morning. Be gentle! Do not spit or rinse forcefully.

Please contact us if you have any further questions or concerns.

Wishing you a speedy recovery!

