

## CARING FOR YOUR CHILD OR YOUTH AFTER TOOTH EXTRACTIONS OR MOUTH SURGERY



### Today your child or youth had a:

- Tooth extraction (pulling a tooth)
- Dental restoration (fillings)
- Other : \_\_\_\_\_

The surgery was completed by: \_\_\_\_\_

Your child or teen will need some special care for the next few days.

### Numbness

The mouth will be numb for about 2-4 hours. Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.

### Bleeding

We make sure bleeding has stopped before patients are discharged. But you may notice a little pink or blood tinged saliva (spit). Hold gauze with firm pressure against the surgical site until oozing has stopped. You may need to change the gauze or repeat this step. Don't let your child go to bed with a gauze in her mouth.

### Mouth care

#### **X Do not disturb the surgical site by:**

- stretching the lips or cheeks to look at the area
- rinsing or spitting forcefully
- using mouthwash
- touching the area with fingers

### Sutures

We've used sutures (stitches) to help control bleeding and promote healing. Your surgeon has checked the kind of stitches your child has. Call us if the stitches come out during the first 48 hours.

The stitiches:

- will dissolve and do not need to be removed
- will be removed at your follow-up visit

### Keeping the mouth clean is very important!



Today: brush teeth very gently. Keep away from the surgical site.

Tomorrow: brush teeth twice a day, as usual.

**Activity**

Today, your child or teen should not take part in physical activity. Your child or teen can go back to usual activities tomorrow, if they feel up to it.

 **Diet**

After all bleeding has stopped, your child or teen may have cool, non-carbonated drinks (no pop or other fizzy drinks!). Give plenty of fluids, but do not let your child or teen use a straw.

Cold, soft foods are best for the first day. By the second day, you can slowly start giving more solid food. Don't give your child crunchy foods until healing is well underway. These foods can get stuck in surgical areas.

 **Pain**

Your child or teen may have some pain after surgery. Give acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®) before the numbness wears off. Follow the instructions on the package based on your child's weight. Do not give aspirin (ASA).

 **Prescriptions**

We've given you a prescription for:

- Pain medicine
- Antibiotics
- Oral rinse
- Other:

**What to watch for**

Your child or teen may have some swelling and bruising of the face for the next two days. It may take a week for the bruising to go away. If your child or teen has swelling:

- use ice packs for the first 24 hours (10 minutes on, 10 minutes off)
- use warm compresses after the first 24 hours (10 minutes on, 10 minutes off)

Call us if swelling remains or starts after three days.

**Contact us**

CHEO Dental Clinic

613-737-2357