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## Instructions after Dental Extraction

### Numbness from Local Anesthetics

- The sensation of being numb after the appointment is typically the most challenging aspect for a child to understand.
- It may take 1-4 hours for the numbness to wear off on the cheek, lips, and tongue.
- Monitor your child closely for approximately two hours. Your child might chew, scratch, suck, or play with the numb lip, tongue, or cheek. These actions can cause minor irritations or can be severe enough to cause swelling and abrasions.
- Avoid eating foods that require a lot of chewing (a soft food diet is recommended).

### Bleeding

- Some bleeding is expected. If bleeding becomes heavy, have your child bite down on a cotton gauze or hold in place a cotton gauze for 15 minutes. The same can be done with a tea bag. Repeat if necessary.
- Do not use sippy cups, bottles, straws, and pacifiers for the remainder of the day. The sucking action may cause prolonged bleeding.
- Do not rinse mouth for several hours.
- Do not spit excessively.
- Avoid strenuous exercise or physical activity for several hours after the extraction.

### Diet

- Avoid salty, spicy, acidic or crunchy foods for the first 24 hours as this may irritate the extraction site.
- Cold and/or soft foods are a great choice (i.e. ice cream, applesauce, mac and cheese, fruit juices, ice cream, soups, Ensure, Carnation Breakfast Essentials, custards, mashed potatoes, peas, corn, etc.).

### Medication

- Use Children's Tylenol, Advil, or Motrin for any discomfort.
- If medication was prescribed, follow the directions on the bottle.

If you have any questions or concerns, please call us at (510)792-7888 or email [info@fremont.dental](mailto:info@fremont.dental)