



# POST OPERATIVE INSTRUCTIONS For Extractions

**Local Anesthetic (causes numbness):** Local anesthetic temporarily numbs a selected area of the mouth so extractions may be completed more comfortably. The duration of the numbness lasts approximately one (1) hour for upper teeth and three (3) hours for lower teeth.

Avoid eating or chewing while the mouth is numb. The cheek, lip or tongue can be inadvertently bitten and cause tissue damage and/or discomfort.

Remind young children not to bite, suck, or pinch their lips or cheeks while the numbness is still present. This can also cause tissue damage and/or future discomfort.

When teeth have been extracted at the dental office, bleeding will occur. Biting firmly on gauze or a clean cloth will help the bleeding to stop (a tea bag will also work). If the child is too young to firmly bite on their own, a parent or responsible adult should manually place the gauze or clean cloth on the site of the extracted tooth with firm pressure for approximately 20 minutes. A small amount of oozing through the day is normal.

Do NOT allow your child to spit.

Straws or sippy cups should NOT be used for 24 hours after an extraction.

A soft diet is recommended for 1 – 2 days or until the child feels comfortable eating normally.

\*\* Children's Tylenol or Motrin is recommended to be given prior to the numbness wearing off, to help manage any discomfort.

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