

What to do after the extraction of primary teeth

When you leave our office:

Your dental staff will place a cotton roll on the extraction site(s) to limit bleeding and confine the blood while clotting takes place. This cotton roll should be left in place for approximately 30 minutes after you leave our office. Do not chew on the cotton rolls: just bite firmly.

At home:

There may be some bleeding or oozing after the cotton roll is removed. If so follow this procedure:

- Take some of the new cotton rolls (given by the dental staff) and dampen them slightly. Place the roll directly over the extraction site. Apply moderate pressure by biting firmly over the rolls for approximately 30 minutes.
- If cotton becomes soaked, replace with clean roll as necessary.
- If you run out of cotton, dampen a tea bag and bite on that until clotted or bleeding stops.
- *DO NOT use straws* when drinking, doing so may pull the clot from extraction site.
- If heavy bleeding continues call our office at (508)358-2456 **remember that a lot of saliva and a little blood can look like a lot of bleeding**

For Discomfort:

Generally acetaminophen (Tylenol) is the pain reliever of choice. Avoid ibuprofen (Advil/Motrin) and aspirin products as these may prolong the clotting time.

For General Wellbeing

Be sure to eat and do not skip meals. You need food for fuel! Make smart and healthy choices (scrambled eggs, yogurt, pasta, pbj's, etc). Avoid rice as it can get lodged in the extraction sites and sharp foods like tacos and pizza crusts as they can scratch the gum tissue as well.

Oral Hygiene Care:

It is important to continue to brush your teeth thoroughly at least twice a day. The tongue should be brushed; this will help eliminate the bad breath and unpleasant taste that is common after an extraction. Always use a soft-bristled toothbrush so you do not injure the tissues in your mouth. On the day of the extraction, avoid cleaning the teeth next to the healing tooth socket.