



## Extraction/Space Maintainer Aftercare Instructions

1. Your child has had one or more teeth removed today and might have had a space maintainer added.
2. The gauze needs to stay in place with biting pressure for 30 minutes. This will reduce the amount of bleeding. Bleeding is a normal occurrence after this procedure and part of the healing process.
3. Give your child the appropriate dose of children's Tylenol, Motrin, or Advil when you take the gauze out (NO aspirin). Your child should only need this for approximately 12 to 24 hours. If pain persists beyond 48 hours, please call our office at 855-497-6453.
4. Your child should eat only soft, bland food for the first couple days. He/she should eat nothing sharp, crunchy or too hot or cold because the area may be sensitive. Encourage plenty of liquids (water, soups, juices, etc.). Avoid carbonated beverages (soda pop). Let your child determine when a regular diet can be reintroduced.
5. NO spitting or drinking through a straw. The force can start bleeding again.
6. A clean mouth heals faster. Gentle brushing around the extraction site can be started immediately along with warm saltwater rinses (1/4 teaspoon to a glass of water) to aid with any discomfort.
7. Activity may need to be limited. Sometimes a nap is a good idea.
8. Swelling after an extraction is common and should not cause alarm. If this occurs, apply an ice pack for 20 minutes on and 20 minutes off as needed in the 24 hours following tooth removal.
9. Your child's cheek, lip and tongue will be numb for approximately 1-2 hours. Please be very careful that your child does not bite at his/her cheek or pick at this area. As this area "wakes up" it may feel funny. A self-inflicted bite injury is the most common post-op complication. Please keep an eye on your child!
10. Even though we do not encourage it, we realize that some *high school age patients* are smokers. Smoking after an extraction can result in delayed healing, dry socket, and significantly increased post-operative discomfort. We strongly discourage smoking for 72 hours after an extraction.
11. If a space maintainer was placed, the gum tissue around the band might be sore for a day or two.
  - a) Over-the-counter pain medications such as Tylenol or Advil can be used as per recommended dosages for the child's age and weight.
  - b) It is crucial to maintain good oral hygiene around the space maintainer in order to prevent accumulation of food debris and to prevent inflammation of the gum tissue under the space maintainer.
  - c) Avoid sticky and hard foods as these can damage or dislodge the space maintainer.
  - d) Avoid pushing or pulling on the space maintainer with tongue or fingers as this might loosen the device and cause it to come off.
  - e) If the space maintainer becomes loose or breaks contact the us immediately. Do not try to fix it at home.
  - f) We will remove the space maintainer once the permanent tooth begins to erupt. If you have moved out of our treatment area and you see the permanent tooth coming through the gum tissue, make arrangements with a local dentist to have the appliance removed as the space maintainer can then interfere with eruption.

If you have any questions or should any complications arise, please call the office at the number listed below.