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Instructions following extractions

- Bleeding:** Be sure the pad is folded so that the pressure is directed specifically to the extractions site. Gauze pressure in the area should stop any bleeding. If the bleeding does not stop within 30-45 minutes after leaving the office, have patient close on a damp tea bag for approximately 30 minutes.
- Discomfort:** Pain following extractions can be managed with Tylenol or Ibuprofen every 6 hours according to your child's weight and age as specified on the back of the bottle. *Do not use aspirin.*
- Activity:** The patient should relax for 3-4 hours following appointment. Avoid situations where mouth trauma could be a problem. Avoid swimming pools for at least 24 hours due to bacteria in water.
- Eating/
Drinking:** Soft diet for 24 hours. Examples of soft foods are: scrambled eggs, yogurt, mac and cheese or other bland soft foods. Avoid spicy or crunchy foods and foods that need considerable chewing for 48 hours. Avoid drinking from a straw, spitting or swishing anything for 24 hours.
- Sutures:** If sutures are placed, they will dissolve on their own within 5-7 days. No follow up appointment is needed, unless you suspect anything unusual.

Contact us if any problems or concerns (503)292-9274