

## **Tooth extraction – child**

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### **What to expect after surgery**

- The hole where the tooth was removed is called the tooth socket. There may be a blood clot in the socket. Your child may feel bony edges around the socket. This is normal and not part of the tooth left behind. As the socket heals, the edges smooth out and the hole gradually fills in.
- If your child has stitches, they will dissolve and do not need to be removed.
- A slight odour is normal and does not mean there is an infection.
- Some bruising and swelling is common. The skin may look black, blue, yellow or green. This will get better each day and be gone in about a week.
- Some pain is normal. The amount of pain your child feels depends on the type of surgery. Your child may also have a sore throat and have trouble opening his or her mouth. The pain should get a little better each day.

### **What your child can eat and drink**

- For 24 hours give your child plenty of fluids and soft foods, but nothing hot. Your child should not use a straw. Sucking on a straw pulls fluid into the mouth which can disturb the clot and cause bleeding.
- After 24 hours, your child can eat and drink as usual.

### **How to stop bleeding**

- If bleeding continues, fold clean gauze into a thick pad, put it over the socket and have your child bite down on it for 20 minutes.
- Keep gauze in the freezer. Cold gauze works better.

## How to reduce swelling

- Reduce swelling by using an ice pack. Put the ice pack over the area of surgery for about 20 minutes. Then take it off for 10 minutes.
- Repeat (on for 20 min, off for 10 min) often for the first 2 days after surgery.

## How to ease pain

- Reduce pain with ice packs and pain medication.
- If the doctor gave you a prescription for pain medication, give the medication exactly as directed.
- Your child's pain should get a little better each day.

## How to help the mouth heal

- Do not touch the tooth socket or put anything in your child's mouth such as fingers, toothpicks, water picks or rubber tips.
- If there is a clot in the socket, leave it alone. If you disturb the clot, the socket may not heal.
- Do not rinse your child's mouth or brush his or her teeth for 24 hours.
- After 24 hours, rinse your child's mouth with warm salt water after each meal and before bed. Continue rinsing this way for 2 weeks.

## When to call the surgeon

- Your child's pain is not better after 48 hours, or gets worse.
- Your child has a fever – a temperature of 38°C (100°F) or higher.
- You have concerns about your child.