

**RENEE COMMARATO, D.D.S., M.S., INC.**  
Pediatric Dentistry  
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### INSTRUCTIONS FOLLOWING AN EXTRACTION

Have your child bite on 2-3 cotton rolls for the next 60 minutes after leaving the office. The direct pressure of biting on the cotton stops the bleeding. The cotton acts as a "band-aid".

We are giving you extra cotton rolls so that you may change them when they become wet. Simply remove the soggy ones and place 2-3 dry cottons over the extraction area and have your child bite with pressure. Change the cotton rolls every 5-10 minutes for 1 hour.

Expect some oozing of blood from the extraction area for the following day. The saliva may appear tinged pink, and if the child naps his pillowcase may have pink/red drool. Avoid spitting.

If there is going to be any discomfort, it will occur after the numbness wears off. The numbness lasts 1 to 1-1/2 hours. You can give your child acetaminaphen (such as Tylenol) or ibuprofen (such as Motrin) for children for discomfort. Giving the child this medication prior to the anesthetic wearing off will minimize discomfort. Please follow the recommended dosage and directions on the label for your child's age and weight.

**CAUTION** - Do not allow your child to chew or scratch his/her numb lip, cheek, or tongue.

Your child should not have anything to eat or drink for the next hour. Today's diet should be soft foods and cool liquids. Do not drink liquids through a straw. Sucking on a straw tends to disturb the clotting in the extraction area. Baby bottles and pacifiers should also be avoided.

Diet for the following day should remain soft. Hot, spicy food should be avoided. Avoid foods that tend to collect in the extraction site (potato chips, cookies, etc.). Good examples of a soft diet include: oatmeal, scrambled eggs, yogurt, applesauce, spaghetti, macaroni and cheese, mashed potatoes, soup (not hot), and ice cream.

Your child will need you to brush his teeth. All areas, except the extraction site, should be brushed regularly. The area of the extraction should be left alone for today, but tomorrow you should help brush that area gently. Warm salt water rinses (1 tsp. to 8 oz. glass of water), begun the morning after the extraction, may help keep the area clean. You can continue the rinses for several days if needed.

Good hygiene is essential for quick healing. It is important that the extraction site and the whole mouth be kept clean.

If you have any concerns, please call Dr. Commarato's office at 330-394-1516.