



Dr. Susan Jarakian, D.D.S.
Dr. Erica Kim, D.D.S.
18531 Roscoe Blvd., Suite 207
Northridge, CA 91324
Phone: (818) -772-1800
www.kidschoicedentalcare.com

Tooth Extraction Instructions

- Make certain that your child continues to bite on the gauze pad for 15-20 minutes after leaving our office. The biting pressure on the gauze pad stops the bleeding and allows for better clotting.
- Use the extra gauze we have provided when the initial gauze becomes overly wet. Fold one or two gauze pads together into fourths and place it into the extraction site, then have your child bite firmly.
- A slight oozing of blood for a day is normal. Call our office if there is excessive bleeding. Sometimes, a little blood mixed with saliva appears to be excessive bleeding.
- Avoid spitting or using a straw because the sucking action may disturb the clot.
- Avoid rinsing vigorously for one day.
- Maintain a liquid diet for the first hours and then a soft diet for the remainder of the day and the following day. (Soft ice cream, soup, pasta, eggs, oatmeal, yogurt, gelatin, puddings, apple sauce, soft cheeses, mashed potatoes, and creamed spinach are examples of soft foods.) Avoid hot and spicy foods.
- Be careful to watch that your child does not accidentally bite or scratch the numb cheek, tongue, or lip. It can happen very quickly! The numbness generally lasts one to two hours.
- If there is any discomfort after the numbness wears off, give your child the appropriate dosage of Acetaminophen (Tylenol), if your child is not allergic.
- Gentle brushing and gentle rinsing with warm salt water (1 tsp. salt to 8 oz. glass of water) can begin the morning following extraction. A clean mouth will heal more quickly. Continue the rinsing for several days and longer if there is a problem keeping the area clean. (Use plastic syringe provided to gently rinse food from extraction site with warm salt water.)
- Please call our office if you have any questions or concerns at the number listed above.