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Post Extraction Care

1. Cleaning

Do not rinse the mouth today (to avoid dislodging the healing tissue).

Mix (one-half teaspoonful of salt in a glass of water).

Dip Q-Tip into salt mixture and dab on extraction site 3X per day for 10 days or until healed.

2. Bleeding

Some amount of bleeding is to be expected. To prevent unnecessary bleeding after extraction, place a roll sterilized gauze over the wound and bite down firmly for 10 minutes. Repeat if necessary. Avoid hot liquids and mouth rinses 24 hours after extraction.

3. Clotting Agent

A clotting agent was placed into the extraction site to promote healing. This should dissolve, do not be alarmed if it comes out on its own.

4. To Relieve Swelling

Apply ice bag or cold compresses on the face for 15 minutes every half hour the first day. Swelling after surgery is not uncommon and need not cause alarm. After leaving the office, avoid strenuous activities for the remainder of the day.

5. Diet

Eat soft foods for the first 2 days. Avoid hard crunchy foods such as chips, nuts or popcorn for a least a week.

6. Pain

If there is some pain, take Children's Tylenol every 4 hours or as needed.

7. Contact

In case of unusual complications, please call the office, or Dr. Millenaar at 604-551-7462 (mobile).