

Care of the Mouth
Following Child's Extraction

1. May need to have child bite on gauze for up to one hour following extraction.

ONLY if child is fully awake

2. Important to continue nourishment.

Start with liquids or eating cold soft foods such as: Ice-cream, yogurt, oatmeal, eggs, or mashed potatoes.

Avoid foods like: Popcorn, or nuts

3. Do not use straws, spit or blow your nose for the first 7 days following the extraction.

4. Begin normal tooth brushing 24 hours following the extraction.

5. Begin rinsing with water 24 hours after the extraction using a full glass of water with $\frac{1}{2}$ teaspoon of salt 3-6 times per day for the first week following extraction, if child will not swallow solution.

6. Any questions, please do not hesitate to call.

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