

Pediatric Post-Operative Care Instructions

Dr. Jodi Morich

503-243-6111

Emergency phone number listed on after hours answering machine

After your child has had an extraction, please comply with the following instructions to ensure optimal healing:

- **Watch the numb cheek-** Make sure your child is not biting, chewing or sucking on the cheek or lip that has been anesthetized. If your child shows interest in the area, please remind him or her not to play with the area. Many times the injury that results from biting the anesthetized area is worse than the extraction itself.
- **Soft Foods** – Keep your child on a soft food diet for today. Your child may prefer softer foods for a few days after depending on how the extraction site is feeling.
- **No Straws-** Do not allow your child to use a straw today, as this can result in dislodging of the blood clot of the extraction site. If your child has a smoothie or milkshake today, please use a spoon.
- **Rest-** No strenuous activities such as sports practices, recess, bike riding, etc. that would elevate the heart rate. We want to protect the blood clot that has formed in the extraction site. Your child can return to regularly scheduled activities tomorrow.
- **No anti-inflammatory medication-** If your child is experiencing any pain, please avoid anti-inflammatory medications such as Advil, Motrin or Ibuprofen. Tylenol is ideal.
- **Brushing-** Remind your child to avoid brushing the extraction site for 1-2 days or until it is comfortable to brush.

Please do not hesitate to call Dr. Jodi with any questions or concerns