

**Lindner Dental Associates, P.C.**  
**Pediatric Postoperative Instructions after Dental Extraction**

- Eating**      Avoid chewing until the numb feeling wears off. This will be a few hours. Soft foods that do not need to be chewed are fine. (Yogurt, pudding, applesauce, popsicle)
- Pain**         Motrin (Ibuprofen) can be given for pain as needed according to the over the counter instructions. If pain recurs prior to a new dose of Ibuprofen, Tylenol may be taken according to the over the counter instructions. You can expect soreness of the mouth for a few days
- Activity**      Encourage quiet activity the day of the extraction. You can expect a normal activity level the following day.
- Hygiene**      Keeping your child's teeth clean will encourage good healing of the gums after dental extraction. Assist your child with brushing and flossing starting the day after surgery.
- Extractions** Stitches may have been placed. These stitches will dissolve on their own in 5-10 days. If there is some bleeding from the extraction site you can apply pressure with a clean gauze or a wet tea bag. If bleeding persists, please contact us.
- Follow up**    If your child has any difficulty following a dental extraction please contact our office.

To reach a dentist after regular office hours:  
Emergency On-Call Service: 603-624-3900