

Healing

There may be a “hole” in the gums after the extraction. With time, this will fill in. Starting the day after the extraction, children must rinse their mouth after meals to keep it clean and resume normal dental routine including brushing and flossing teeth. It is important to keep fingers and the tongue away from the wound.

It is important to resume normal dental routine after 24 hours. This should include brushing and flossing your child’s teeth twice a day, especially before bedtime.



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Tell me about...

Post Extraction Instructions



Camilleri Dental Clinic

Why do baby teeth need extracting?

When a tooth has been damaged either by infection from tooth decay or trauma (from a knock or a bump), we will provide advice as to the best treatment for the tooth. If the damage to the tooth is too great, the best option may be to extract the tooth. Sometimes a tooth needs to be extracted to provide space for the new teeth to erupt.

How are baby teeth extracted?

The dentist may take x-rays of the affected tooth to assess the position of the tooth, the surrounding bone and the presence of an adult tooth.

The gum and mucosa next to the tooth is first numbed up using a topical flavoured anaesthetic gel. This will mask the sensation of the pin prick associated with the injection of the local anaesthetic. Once the area around the tooth is numb, the tooth is loosened with movements and pressure. The loosened tooth is then removed.



What care is needed after an extraction of a baby tooth?

Your child will have a numb lip, cheek and/or tongue for 30 minutes to 2 hours following the extraction. Please monitor your child, making sure they don't chew on that side or bite their lip until it is once again "awake".

Keep your child's diet soft for 24 hours. Children may be more comfortable if they avoid acidic, salty or spicy foods. They should avoid hard and crunchy foods like popcorn, nuts and potato chips for one week.

To avoid bleeding:

- Keep your child's activity monitored for the remainder of the day - No high activity (e.g. running, jumping, swimming)
- Avoid vigorous rinsing for 24 hours
- Encourage drinking through straws in the first 24 hours
- Avoid hot food for 24 hours



What do I do if it bleeds?

After a tooth extraction it is important for a blood clot to form to stop the bleeding and begin the healing process. Bleeding will occur in the first 15-30 minutes after the tooth extraction. Oozing of blood from the extraction site can continue for 3 to 6 hours post extraction. Placing direct pressure on the extraction site for a continuous 10-15 minutes with gauze or cotton ball can control a majority of bleeding.

It is not uncommon to have a light blood stain on the pillow on the night of the extraction. If bleeding persists the day after the extraction please contact us on 21330468.



Will my child be in pain?

Pain after the extraction of baby teeth is rare and soreness should lessen daily. If there is pain, the child should have an age/weight appropriate dose of pain killers such as Paracetamol or Ibuprofen. If a child's pain becomes worse after a few days, (generally 3-5 days after the extraction), this may indicate a problem in their recovery and it is best to call our clinic to attend as an emergency.