

**To help speed up your child's recovery after today's dental surgery,  
please follow these simple instructions:**

**ANESTHESIA WARNING:** Your child's lip, tongue and/or cheek may feel funny and your child may play with it or bite him/herself. Lip bites can be very painful; be sure to watch your child closely to prevent this from happening.

**DIET:** For the first couple of days after your child's surgery his/her diet should be restricted to soft foods (i.e. Jell-O, pudding, milkshakes, eggs, mashed potatoes, warm soup, yogurt). During this time they should not use a straw, spit, or smoke. They should also avoid hot, spicy and salty foods and not eat anything that crumbles (i.e. crackers, chips, or popcorn). Please encourage drinking to assure that your child maintains adequate fluid intake.

**BLEEDING CONTROL:** Bleeding is well controlled as part of the surgery. Direct pressure of biting on gauze stops the bleeding; please use the sterile gauze provided (roll it up, fold it in half, and place over the extraction site). Have your child hold the gauze in place by biting; replace it with fresh gauze about every fifteen minutes if it becomes soaked. Remember, some oozing of blood is normal.

**PAIN CONTROL:** In most cases there will be little or no pain. If your child complains give him/her ibuprofen (e.g. Children Advil) or acetaminophen (e.g. Children's Tylenol); follow the dosage directions on the package. Do not give aspirin products as these may hinder clotting.

**ORAL HYGIENE:** Be sure that you and/or your child maintains daily tooth brushing (you may wish to avoid the actual extraction site for a day or two). A clean mouth heals much better and more quickly.

**ACTIVITY:** Since increased activity may lead to increased bleeding, it is recommended that your child take it easy today and tonight. Gym class and other vigorous activities should be avoided for at least 24 hours.

**FOLLOW UP:** Please be sure to keep the "follow-up" appointment that will be scheduled for your child. At this visit we will check and make sure that the surgical site is healing properly and review any additional recommendations.

**QUESTIONS:** As always, if you have any questions or concerns do not hesitate to contact us at (508) 875-KIDS.

**Melvin A. Ehrlich, D.D.S., P.C.**

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Individualized Preventive Dental Care for Toddlers, Children through Adolescence and those with Special Needs

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