



## PRIMARY TOOTH EXTRACTION INSTRUCTIONS

1. Apply pressure to extraction site with gauze; changing every 15 to 20 minutes until used gauze appears a light pink.
2. Minimal physical activity until bleeding stops. Strenuous activity may cause the bleeding to increase or restart. Please have the child rest – read a book, watch TV, do homework, etc.
3. Stick to cool, soft foods for the first 24 hours. After 24 hours, your child may eat what they feel they can comfortably tolerate.
4. Avoid extremely hot and icy cold food and beverages.
5. Avoid salty, spicy, and acidic foods.
6. Avoid eating small particle foods such as rice and popcorn.
7. Avoid using a straw while drinking.
8. Avoid vigorous swishing and spitting.
9. Your child may brush their teeth but, please BE GENTLE!!! Carefully rinse mouth when finished. If bleeding resumes repeat step one.
10. Place tooth under pillow.

These instructions are for the first 24 hours only. **Please call our office at (804) 270-3080 with any concerns.**