**POST-OPERATIVE INSTRUCTIONS**

Some discomfort, bleeding and/or swelling are expected after having a tooth removed. You will be anesthetized (frozen/numb) for approximately 2 hours after your appointment. Please be careful not to bite your lip/cheek, parents should keep a close eye on their child to prevent this following surgery.

1. DISCOMFORT – You should take the medication given to you for pain and/or infection, as prescribed Your pharmacist should explain to you which tablet should be taken with food and which on an empty stomach. If you experience stomach upset, diarrhea, you are to call our office to obtain advice. If the medications make you sleepy or dizzy, you should not attempt to drive while taking this medications.
2. BLEEDING –A small amount of blood mixed with saliva is normal for the first 24hours. If your mouth continues to bleed, you should:
3. Bite on a piece of gauze or a rolled handkerchief soaked in warm water. Place the gauze over the wound and keep the jaws firmly closed for 20minutes. If the bleeding continues, then you should call the emergency telephone numbers provided t to you at the end of the appointment.
4. This kind of bleeding can be avoided by not rinsing for 24hours after the extraction. Do not spit. Do not take fluids though a straw and avoid smoking and alcohol in any form.
5. SWELLING – This may occur after the removal of a tooth and is quite common if the operation has been difficult. The swelling is often accompanied by stiffness of the jaws and you may be unable to open normally. The swelling is at its maximum at about two days and then slowly goes down. If you have access to ice, then the swelling may be reduced by placing ice in a plastic bag on the face and applying it for 20minutes. The ice is then removed for 20minutes and then may be replaced. This is done for 6 hours, after which it has no effect. If ice is not available, a bag of frozen peas is equally effective.
6. DIET – Because you mouth will be sore after the surgery, eating may be difficult and the eating of hard food impossible. Generally, you may eat what you can eat comfortably. It is important that you drink at least 8 cups or glasses of fluid daily.
7. ACTIVITY – Too much physical activity may cause you pain and also may cause the socket to bleed. Normal activity can usually be resumed the following day. If you intend to play sport, you should consult with your surgeon. On the day of the operations, when you return home, we would advise that you relax quietly in a chair.
8. ORAL HYGIENE – After surgery, it is important to keep your teeth as clean as possible. Initially, this may be more difficult as you may not be able to use your toothbrush in the area where the tooth was removed. You should avoid rinsing your mouth until the following day. Then you may rinse gently with a glass of warm water with salt. (1/2teaspoon salt in a glass of warm water). Or you may use 1 teaspoon of baking soda in warm water. You should, however use a toothbrush and toothpaste to clean the teeth which are not near the operation site.

**PLEASE NOTE:**

**Your child will have local anesthetic (freezing/numbness) in the area where the crown is placed and it will last approximately 2 hours. Please watch your child closely so that he/she does not bite or suck their cheek/lip.**