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## **Extraction and Soft Tissue Aftercare Instructions** **for Children**

### **Do Not:**

- Use straws, or spit for 24 hours
- Brush or use mouth rinse in that area for 24 hours
- Take aspirin
- Eat hot (temperature or spicy) or citrusy foods. (orange/apple juice)
- No strenuous activity for 24 hours
- No swimming for 24 hours
- Bite/chew on lips, tongue, or cheeks

### **Do:**

- Use Children's Tylenol or Motrin as needed
- Eat soft, colder foods
- Brush gently in the areas not affected
- Light activity is okay
- Bite on gauze if needed for hemostasis
- Exercises start on day after procedure if applicable
- Light bleeding may occur overnight resulting in some blood on the pillow
- Call the office if you have any questions or concerns - even after office hours you will be able to reach us at the office number