

# After Care Instructions

## Extraction Post-Op Instructions

- Apply pressure pack for 30 minutes. If bleeding persists, place a folded gauze over the extraction site and apply pressure for another 30 minutes
- Brush your teeth the day of the extraction. Get as close to the extracted area as possible.
- Enjoy any diet you can tolerate. Drink plenty of fluids.
- The amount and duration of pain expected are very unpredictable. Use Ibuprofen or Tylenol in an age-appropriate dosage.
- Some oozing will continue and is to be expected for the first 24-48 hours. This is normal and is no cause for alarm.

### Emergency Calls

If you have an after-hours concern of an emergency nature,  
please call 952-932-0925. You will reach our emergency voice mail system.

Leave a message and our on-call doctor will return your call.

## Glass Ionomer Material Post-Op Instructions

- Your child has had their teeth treated with a glass ionomer material filling or sealant material today.
- For 48 hours, please eat soft foods only, and use caution to avoid hard, crunchy foods while the material reaches its maximum strength and hardness.

### ***Suggested foods:***

*Soup, Yogurt, Macaroni & cheese, Apple sauce, Scrambled eggs, Oatmeal, Jell-O, Smoothies, Ice Cream, Mashed Potatoes*

- It is always a good idea to avoid chewing ice or hard candies to prolong the life of your child's teeth and restorations.