

Post-Operative Extraction Information (Deciduous/Baby Teeth)

What to Expect

- Mild bleeding or oozing for the first couple of hours
- Some discomfort or tenderness at the site It is normal to feel some discomfort for around 2 days.
- Paracetamol and/or ibuprofen may be taken if appropriate and as recommended by your dentist. Follow dosage guidelines on the medication packet.
- A small blood clot will form in the socket – this is normal and part of the healing process.
- Be mindful that your child will have a numb mouth. This can last for several hours. Care must be taken to ensure lips, cheeks and tongue are not bitten.
- Avoid eating, if possible until the local anaesthetic (numbing) has worn off.
- Discomfort and bruising may be experienced at the site of the injection.
- The site should heal within 7–10 days

What to Do After the Extraction

Encourage your child to take it easy for the first few hours. Avoid running, jumping, or playing vigorously for the rest of the day.

Avoid the following:

- ✗ Rinsing, spitting, or sucking through a straw for 24 hours
- ✗ Touching the area with fingers or tongue
- ✗ Very hot food and drinks for at least 24 hours, as heat can dissolve the blood clot and delay healing. Make sure its lukewarm.
- ✗ Hard or crunchy foods (e.g. apples, crisps, toast, nuts, raw carrots) for the first 2-3 days.
- ✗ Small food pieces that may get stuck in the socket such as: Rice, popcorn and seeds for the first 2-3 days.

Good soft food examples:

- Mashed potato
- Scrambled eggs
- Soup (cool or lukewarm)
- Soft pasta

Brush teeth as normal but avoid the extraction area for the first 24 hours. After 24 hours, gentle warm saltwater rinses may help healing (if your child can rinse safely).

Bleeding Advice

Some mild oozing/bleeding is normal. If bleeding continues:

- Fold a clean gauze pad or tissue
- Place it firmly over the socket
- Have your child bite gently for 15–20 minutes
- Repeat once if needed

If bleeding persists or becomes heavy, contact the clinic where the treatment was carried out. If out of hours, please contact NHS Emergency and Urgent Care Services on 111