



Care of the Mouth Following Surgery for Children

1. **DO NOT** allow child to rinse their mouth or spit at all today. Beginning tomorrow, it is important to rinse with warm salt water after meals and at bedtime for 1 week after surgery. If the child cannot tolerate salt water, warm water alone may be used.
2. The child may drink cool liquids immediately following the surgery. **DO NOT** allow the child to use a straw, bottle or sippy cup or eat or drink anything hot for the first 24 hours after the surgery. Soft foods are permitted as soon as the local anesthetic has worn off (generally 60 to 90 minutes following surgery). Ask the child to tell you when the sleepy feeling in their mouth has gone away.
3. A small amount of bleeding is normal. Please try to keep the child's fingers or tongue out of the extraction site(s). If bleeding continues, place a small piece of gauze or a wet or dry tea bag over the extraction site and apply finger or biting pressure for approximately 15 minutes.
4. Children who have had general anesthesia should maintain a low activity level for the remainder of the day.
5. Most children do not require prescription pain medication for post-operative discomfort. Children's Tylenol or Motrin is generally sufficient. If you find that this is not effective, please call the office **207-772-4063**.