

INSTRUCTIONS FOR TOOTH REMOVAL

- Bite the cotton firmly in place for 15 mins.
- If bleeding continues - bite cotton firmly in place for another 15 minutes.
- Keep swallowing the saliva. Do not spit/accumulate saliva in the mouth.
- Do not gargle or disturb the extracted site with your tongue/finger.
- Taking an ice-cream/chilled soft drink without a straw is recommended after removing the cotton.
- Do not eat/drink anything hot or spicy for 6-8 hours.
- Recommended food on the day of extraction - Idly, Curd rice, Soft Bread, Idliappam, Porridge. You can resume normal diet after 6-8 hours.
- Children should be under supervision of Parent/caretaker for at least 2hrs after the extraction. This is to prevent biting of lips, cheeks, and tongue due to numbness, which is common in children.
- Avoid brushing your teeth till the end of the day.
- Take the prescribed drugs as indicated by the doctor.

If BLEEDING continues, or for any assistance, do not hesitate to contact your Pediatric Dentist @
Pedo Planet Children Dental Center.

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