**\*\*Great prior directions to reduce the pain of removals; eat a freezer pop, suck on ice chips or use a topical to reduce the pain.**

 **Great after pain responses: Use frozen gauze, tea bag and ibuprofen for after pain.**

 **1. Wiggling the tooth.
2. Eating harder foods like Fresh Apples or Carrots.**
**3. Eat Gummy Bears.**
**4. Using floss between the gum line and the tooth.**
**5. Let it come out naturally.**
**6. Use sterile gauze to wiggle free.**
**7. Gently use clean tweezers.**
**8. Instead of pulling baby tooth, push down.**
**9. Watch YouTube videos!**