**\*\*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!**