

Child health information factsheet

Dental surgery

What to expect after dental surgery or extractions

- A little blood from the wounds
- A little pain, which should be helped with pain relief
- Some swelling, ice packs may help bruising on the face or gum
- Some children have stitches, these will dissolve in seven to ten days.

At home

When you get home you should put some cooled, boiled water in a container. Cover and leave, to use if the gums bleed.

Activities

Your child should:

- Rest for the remainder of the day and evening
- Not go to school the next day and have supervised gentle, light activities only
- Should be able to go back to school when they are feeling comfortable - normally within two to three days.

Pain

Use mild painrelief such as paracetamol following the directions on the packet. If this is not working your local chemist may be able to recommend an alternative.

Bleeding

Clots will form in the empty sockets and are part of the normal healing process. If your child needs to rinse their mouth out in the first 24 hours get them to do this very gently, so that these clots are not disturbed.

If bleeding starts, use one of the gauze squares provided or a clean handkerchief (do not use tissues or cotton wool).

Wet the gauze with a little of the cooled, boiled water.

Place the gauze over the bleeding point and ask your child to bite on it for 20 minutes. It is important not to disturb the gauze during this time.

If bleeding continues after this time, repeat the process with another piece of gauze. If bleeding continues after this please contact us at the hospital or your own dentist.

Eating and drinking

Soft foods and fluids can be taken on the day of the procedure. Make sure they are not too hot or cold.

Until the area heals it is best to avoid rough or sharp edged foods.

Give your child a drink of clear fluid after food or drinking milk.

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After 24 hours

Rinse the mouth gently with the salty water. One teaspoon of salt to a cup of warm water is the suggested measurement.

Do this after every meal and three more times in each day.

Continue this for up to seven days and for as long as you find it helpful. This is important as it helps to keep the mouth clean.

If your child is given mouthwash from the ward, this can be used instead of salty water.

Teeth brushing

Brush teeth as usual, but make sure that all toothpaste is rinsed gently out of the mouth.

Medicines

If needed, you can give your child the following medicines at home:

Drug to be given	Give after

Out patients appointment due:

If you have any questions or concerns please contact

John Atwell day ward: **023 8079 6157**

Open Monday to Friday 8am to 7pm

Adult dental ward F5: **023 8079 6511**

Open 24 hrs

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8079 4688 for help.