

# **Caring for your child's mouth after tooth extractions or minor oral surgery**

## **Information for patients, parents and carers**

This leaflet explains how to care for your child's mouth after tooth extractions or minor oral surgery. If you have any questions, please speak to the dentist looking after your child.

### **My child has had a tooth removed, what should I do?**

- Encourage your child to leave the wound alone and not to put their fingers or tongue in the area.
- As your child has been given local anaesthetic to numb the area, be careful that they do not chew the inside of their cheek or bite their lip while it is numb.
- If your child has had stitches, they are usually dissolvable. There is no need for them to be removed unless your dentist has specified.

### **Can my child rinse their mouth?**

- Do not allow your child to rinse their mouth for 24 hours. This may dislodge the blood clot and cause bleeding.
- Warm salt mouthwashes can be used the day after the surgery. To make these, mix one level teaspoon of salt in a glass of warm water. Repeat three times daily for up to five days.

### **What can my child eat or drink?**

- They may eat and drink as soon as they feel able, but soft and cold food is more comfortable (for example, yoghurt, smoothies, mashed banana, eggs and cool soup). Hot food should be avoided as it may cause bleeding.
- It may be better to avoid eating until the numb feeling has gone away (about 2 hours).

### **What do I do if bleeding occurs?**

- If bleeding does occur, put pressure on the socket by placing a tightly rolled-up damp cotton gauze or clean cotton handkerchief directly onto the socket. Ask your child to bite hard for at least 10 minutes without disturbing the clot. If this fails to control the bleeding, call the hospital (our contact details are below).

## When can my child brush their teeth?

- The teeth should be brushed as usual but take care to avoid the area(s) where the teeth have been extracted. Your child should not rinse their mouth after brushing.

## Pain relief

If your child is in pain after the extractions, use the pain relief you normally give your child. A suitable painkiller is sugar-free paracetamol or ibuprofen for children. Read the instructions on the packet carefully and be sure that the stated dose is not exceeded. Next medicines due:

Paracetamol	Ibuprofen

## What should I do if my child has a problem?

If you have any further questions or concerns; or if your child has persistent bleeding, severe swelling or severe pain, please contact the hospital on the telephone numbers listed below. Out of hours and at weekends you should call NHS 111 or attend your local emergency department (A&E) for advice.

## Contact us

If you have any questions or concerns about the information in this leaflet, please contact the Department of Paediatric Dentistry team. If your child has persistent bleeding, severe swelling or severe pain, please contact us. If out of hours or at weekends, please call NHS 111 or attend your local A&E department for advice.

<b>Central Referral Office</b>	020 3299 4988
<b>Clinic Appointments</b>	020 3299 3055
<b>Secretary</b>	020 3299 1681

**The contents of this leaflet have been adapted for use with permission from the Department of Paediatric Dentistry in Guy's and St Thomas' NHS Foundation Trust.**

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.kch.nhs.uk/patientsvisitors/patients/leaflets](http://www.kch.nhs.uk/patientsvisitors/patients/leaflets)

## MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email [kings.mychart@nhs.net](mailto:kings.mychart@nhs.net). Visit [www.kch.nhs.uk/mychart](http://www.kch.nhs.uk/mychart) to find out more.

## Sharing your information

King's College Hospital NHS Foundation Trust has partnered with Guy's and St Thomas' NHS Foundation Trust through the King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas' hospitals. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means

information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit [www.kch.nhs.uk](http://www.kch.nhs.uk).

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your dentist if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleden Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 4618**

Email: [\*\*kings.pals@nhs.net\*\*](mailto:kings.pals@nhs.net)

**If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on 020 3299 4618 or email [\*\*kings.access@nhs.net\*\*](mailto:kings.access@nhs.net)**