

# **Caring for your child's mouth after dental treatment under general anaesthetic**

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

This leaflet explains how to care for your child's mouth after dental treatment under general anaesthetic. If you have any questions, please speak to the dentist looking after your child.

### **On the day of the procedure**

- Your child should rest for the remainder of the day. The anaesthetic medication can take up to 24 hours to wear off and your child may feel disoriented or tired. They should be kept under the care of a responsible adult and avoid any vigorous activities for 24 hours after their procedure.
- Your child will be given pain relief during and after their procedure, but they may have discomfort in their mouth later and need to take pain relief at home.
- If your child has been given local anaesthetic to numb the area, be careful that they do not bite or chew their lips or cheeks while it remains numb.
- Your child can eat and drink as soon as they feel comfortable. Soft and cold foods are recommended (such as cold yoghurts, soup and mashed foods). Avoid extremely hot foods.
- If your child has had extractions, they should avoid touching the sockets with fingers, spitting or rinsing their mouth for the first 24 hours, as this may cause bleeding.

If bleeding does occur, apply pressure to the socket by encouraging your child to bite with a clean cotton gauze or handkerchief for at least 10 minutes. If the bleeding does not stop, contact the hospital (see below).

- The teeth should be brushed as usual after the procedure, but additional care may be needed to avoid any extraction sites and rinsing after brushing should be avoided to minimise bleeding.

## The next few days

- Some pain and swelling are common but will gradually improve over the next few days as your child's mouth heals. Additional pain medication may be needed (see below).
- Warm salt mouth washes can be used 24 hours after the procedure to encourage healing. These can be made by mixing a teaspoon of salt into a cup of warm water and the mouth rinsed three times a day.
- Your child should be able to return to school and do regular activities after 24 hours if they feel well enough to do so.
- If stitches were used, these will usually dissolve on their own in about a week and do not need to be removed unless you have been told otherwise.

## Pain medication

Pain medication for children (for example, paracetamol and/or ibuprofen) should be taken for pain and discomfort. Always read the instructions on the packet carefully and ensure that the correct dosage is given for your child and 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 severe pain, swelling or persistent bleeding, please contact the Paediatric dentistry department on the telephone numbers listed below. If it is out of hours or the weekend, please call NHS 111 or attend your local emergency department (A&E) for advice.

A rare side effect of general anaesthetic is urine retention (when your child cannot pee). If this should occur and your child cannot pee, please take them to your local A&E department.

## Contact us

If you have any questions or concerns about the information in this leaflet, please contact the Department of Paediatric Dentistry department:

Central Referral Office	020 3299 4988
Clinic Appointments	020 3299 3055
Secretary	020 3299 1681

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)**

**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.**