

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

This leaflet explains how to care for your child's mouth following dental treatment under general anaesthetic. If you have any questions, please ask a member of staff caring for your child.

On the day of the procedure

- Your child should rest for the remainder of the day. They may eat and drink as soon as they feel able, but soft and cold food is more comfortable for the first day or two following treatment (for example, yoghurt, smoothies, mashed banana, scrambled egg and cool soup). Hot food should be avoided as it may cause bleeding to occur.
- Do not allow your child to rinse their mouth for 24 hours after the extractions. This may dislodge the blood clot and cause bleeding.
- If bleeding does occur, put pressure on the socket by placing a tightly rolled-up damp cotton gauze 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 at the end of this leaflet).
- If 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 remains numb.
- The teeth should be brushed as usual, at bedtime, on the day of the extractions, but take care to avoid any extraction sites and not to dislodge any blood clots. Your child should not rinse their mouth after brushing.

The next few days

Warm salt mouth washes can be used the day following surgery. To make these, mix one level teaspoon of salt in a glass of hot water. Allow it to cool down until warm before using as a mouthwash over the extraction sites. Repeat three times daily for up to five days.

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.

Pain relief

If there is pain after the extractions, use whatever you normally give your child for pain relief. 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

Contact us

If you have any further questions or concerns, or if your child has persistent bleeding, severe swelling or severe pain please do not hesitate to contact the hospital on **020 7188 7188 ext 87947 or 53502** (Monday to Friday 9am-5pm). Out of hours and at weekends you should call NHS 111 or attend your local A&E department for advice.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111 **w:** www.111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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