

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

This leaflet explains how to care for your child's mouth after dental treatment with a 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 can eat and drink as soon as they feel able to. Softer, cooled, or cold food is more comfortable for the first 1 or 2 days after treatment. This might include yoghurt, smoothies, mashed banana, scrambled egg, and cool soup. Hot food should be avoided as it may cause bleeding in the mouth.

Do not allow your child to rinse their mouth for 24 hours after the extractions. This is to prevent dislodging the blood clot, which could cause bleeding.

If bleeding does start, 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 gauze or clot. If this does not control the bleeding, call the hospital (contact details 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 is numb.

The teeth should be brushed as usual, at bedtime, on the day of the extraction. You should avoid brushing any extraction sites, as this might cause bleeding. Your child should **not** rinse their mouth after brushing.

## The next few days

Warm, salt-water mouth washes should be used the **day after** surgery. Use them 3 or 4 times each day for up to 5 days.

### Making a warm, salt-water mouth wash

- Dissolve 1 teaspoon of salt in a cup of hot water.
- Allow it to **cool down until warm** before using as a mouthwash over the extraction sites.

## Pain relief

If your child has pain after the extractions, use your child's regular painkillers. Suitable painkillers are 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

### Concerns within 24 hours of surgery

If your child has persistent bleeding, severe swelling or severe pain, contact Savannah ward, via the main switchboard, **phone:** 020 7188 7188.

If you are concerned that your child is **seriously unwell** at any time, go to the nearest emergency department (A&E) or phone 999.

### Concerns after the first 24 hours after surgery

Contact your child's GP surgery, go to the nearest A&E, phone NHS 111, or contact the children's dental department for advice.

Children's dental department, Monday to Friday, 9am to 5pm,  
**phone:** 020 7188 7188, extension 87947 (option 2) or extensions 53502 or 54304, or,  
**email:** [gst-tr.dentalpaediatricfollowups@nhs.net](mailto:gst-tr.dentalpaediatricfollowups@nhs.net)

For more information about conditions, procedures, treatments and services offered at our hospitals, please visit **web:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone:** 020 7188 8801 **email:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone:** 020 7188 3514 **email:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone:** 020 7188 8801 **email:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone:** 020 7188 3514 **email:** [complaints2@gstt.nhs.uk](mailto: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 contact the department your appointment is with.

## NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone:** 111  
**web:** [www.111.nhs.uk](http://www.111.nhs.uk)

## NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web:** [www.nhs.uk](http://www.nhs.uk)



**Leaflet number: 4259/VER3**

Date published: July 2024 Review date: July 2027  
© 2024 Guy's and St Thomas' NHS Foundation Trust  
A list of sources is available on request