

# Care of your child's mouth after their dental extractions

**This leaflet explains more about your child returning to their everyday activities after having a tooth taken out (known as dental extraction) under local anaesthetic.**

## How will your child feel on the day of the procedure?

Your child's mouth will be numb for 2 to 3 hours after the procedure. The following tips will help them to feel better more quickly on the day of the procedure.

Encourage your child to:

- relax, rest or play quietly
- chew on the opposite side of their mouth (if extractions have been on just one side) and eat soft and cool foods
- not put fingers in their mouth

You should also let your child's dentist know if they take any regular medicines as they might need to stop taking them for a short while.

Do not let your child

- eat or drink anything hot while their mouth is numb
- exercise
- spit or rinse their mouth (this can cause more bleeding)
- bite their cheek, lip or tongue

## What to do if the extraction site starts bleeding

You or your child should apply firm pressure to the area with a damp cotton gauze, for 10 minutes. If the bleeding continues, repeat for another 10 minutes. If this fails to control the bleeding, phone us (contact details on the next page), or come back to the Dental Centre at St Thomas' Hospital, Mondays to Fridays, 9am to 5pm. If we are closed, contact your child's dentist or if it is outside of normal hours, come to the Children's Emergency Department (A&E) at St Thomas' Hospital.

## How will your child feel over the next few days?

Your child might feel a little bit sore, and there will probably be some swelling, but they should not be in severe pain. If they need to, allow your child to take simple painkillers such as paracetamol and/or ibuprofen. Read the instructions carefully and make sure your child does not exceed the stated dose.

## How should your child look after their mouth?

Your child should brush their teeth as normal. They should not brush the extraction sites on the day of the procedure. From the day after the extraction for 3 to 4 days afterwards, after every meal, encourage your child to gently rinse their mouth using a warm salt water mouthwash (1 teaspoon of salt in 1 cup of water).

## What to do if your child has a problem

If you are worried that your child's mouth is not healing, there is persistent bleeding, or if the swelling and discomfort is not improving, please call us or return to the department.

### Contact us

If you have any questions or concerns about your child's tooth extraction, please contact the Dental Team, **phone:** 020 7188 7188 extension 55262/54304, Monday to Friday, 9am to 5pm. Out of hours, please contact NHS 111.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.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, **phone:** 020 7188 3003, Monday to Friday, 10am to 5pm  
**email:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@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 complaints 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 get in touch, **phone:** 020 7188 8815 **email:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### 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)

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