

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 a dental extraction) under local anaesthetic.

How will my child feel on the day of the procedure?

Your child's mouth will feel numb for two or three 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 one side) and eat soft and cool foods.
- avoid touching the affected area with their fingers and tongue.

You should also let your child's dentist know if they take any regular medication (as they may need to be asked to stop taking it for a short while).

Do not allow your child to:

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

What should my child 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 the department (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 – as a last resort – visit the Children's Emergency Department (A&E) at St Thomas' Hospital.

How will my child feel over the next few days?

Your child may feel a little 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 my 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 three to five days onwards, after every meal, encourage your child to gently rinse their mouth using a warm salt water mouthwash (one teaspoon of salt to one cup of water).

What should I do if my 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, then please call us or return to the department.

Contact us

If you have any questions or concerns about your tooth extraction, please contact the Paediatric Dental Team, **t:** 020 7188 7188 ext 55262/54304, Monday to Friday, 9am to 5pm. Out of hours, please contact NHS Choices on 111.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit 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.

t: 020 7188 3003, Monday to Friday, 10am to 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

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

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Leaflet number: 4146/VER2

Date published: September 2018

Review date: September 2021

© 2018 Guy's and St Thomas' NHS Foundation Trust
A list of sources is available on request