

Children's Surgery

Dental Extraction: Parent/Carer Discharge Information

This leaflet contains advice and information about what to expect when your child leaves hospital following this procedure.

Nutrition

- Soft diet and fluids only for first 48 hours.
- For the first 24 hours after surgery ensure your child rinses their mouth after all food or milky drinks. A teaspoon of salt in a tumbler of warm water is ideal however; plain water will suffice if your child does not like the taste.

Mobility

Your child may feel tired for 24 hours after surgery. This is normal, so just encourage them to rest as much as possible. Your child should avoid activities such as running, riding bikes and sports for 24 hours after surgery.

Bathing

Your child can bath as normal.

Return to school/activity

Your child should stay away from school for 24 hours.

Wound care

- Try to discourage your child from touching the wound(s) with their



Patient Information

fingers or tongue as much as possible

- Normal teeth brushing should be resumed as soon as possible, just avoid the areas of extractions
- No matter how careful your child is with oral hygiene, they may develop bad breath after extractions. This is normal and should stop once the wound has healed. It is not a sign of infection.

Bleeding

There is usually a small ooze of blood where the teeth have been extracted and you may see blood on the pillow in the morning for a day or two. However, if there is a continual bleed from the area you should wet the gauze given to you in hospital, roll it up like a sausage and place it over the bleeding area. You should then ask your child to bite down on it for at least 15 minutes. If the bleeding does not stop please contact the Children's Emergency Department (CED) on 024 7696 6934.

Medication

There will be some discomfort once the local anaesthetic has worn off; this can be relieved using paracetamol or Ibuprofen. Please do not exceed the manufacturer's stated dose.

Stitches

If your child has stitches, they will dissolve in one to two weeks.

Further Information

Children's Emergency Department (CED) - 024 7696 6934.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Patient Information

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