

Children's Surgery

Dental Extraction: Patient Discharge Information

This leaflet contains advice and information about what to expect when you leave hospital following this procedure.

Nutrition

- You can only eat soft food and drink for first two days after your operation.
- If you eat or drink anything milky, you should rinse your mouth with water. It is better if you can cope with a small amount of salt in the water.

Mobility

You may feel tired for the first day after your operation which is normal, so it is best to do quiet activities for the first day, no running, cycling or sport.

Bathing

You can bath as normal.

Return to school / activity

You must stay off school for at least one whole day after your operation.

Wound care

- Do not put your fingers in your mouth.
- Do not fiddle with the hole with your tongue.
- You can brush your teeth gently; just miss out the sore areas.
- Your breath will smell a bit, this is normal.



Patient Information

Bleeding

- You will see a little bit of blood in your spit, this is normal, and you may see blood on your pillow for the next two mornings, don't worry.
- If there is a lot of blood and it's not stopping, take the gauze you were given in hospital, wet it, roll it up like a sausage and put it over the bleeding area. Then bite down on the gauze, it will put pressure on the area and stop the bleeding. You need to keep the gauze there for at least 15 minutes.
- Tell your parent or carer

Medication

Your mouth may feel a bit sore for a day or two so you should ask your parent or carer for some paracetamol or Ibuprofen.

Stitches

If you have stitches they will dissolve in one to two weeks. You may feel the ends of stitches but try not to fiddle with them.

If you have any worries tell your parent or carer who will ring for advice the **Children's Emergency Department (CED) on 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

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