

Patient Information

Children's Surgery

Dental extraction - Parent/Carer discharge information

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

Nutrition

Soft diet and fluids: Only offer your child a soft diet and fluids for the first 48 hours after surgery.

Rinsing the mouth: For the first 24 hours, make sure your child rinses their mouth after every meal or milky drink. A teaspoon of salt in a tumbler of warm water is ideal for rinsing, however, if your child dislikes the taste, plain water will be okay.

Mobility

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

Bathing

Your child can bath as usual.

Return to school

Your child should stay away from school for 24 hours after surgery.



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Wound care

- Encourage your child to avoid touching the wound(s) with their fingers or tongue as much as possible.
- Normal teeth brushing should be resumed as soon as possible, just avoid the areas where extractions were done.
- Even with careful oral hygiene, your child 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. You might notice some blood on the pillow for a day or two. However, if there is continuous bleeding from the area, you should use the gauze given to you in hospital. Wet the gauze, roll it into a sausage shape 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 doesn't stop, 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 and/or Ibuprofen. Make sure not to exceed the recommended dose as indicated on the packaging

Stitches

If your child has stitches, they will dissolve in 1 to 2 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.

Patient Information

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Document History

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