

# Information for patients and carers

## Care after a dental extraction

For children and young people

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a lighter blue at the top to a darker blue at the bottom.

## What should I do when we get home?

### Your child should:

- Avoid touching where the tooth has been removed
- Do not spit or rinse their mouth as this can cause more bleeding
- Rest or play quietly and avoid strenuous exercise

Your child will have had a local anaesthetic (dental injection) and feel numb. When this wears off, they may feel a little sore. If they need to, your child may have a simple painkiller like paracetamol. It is important that your child only has the right dose and therefore please read the instructions carefully on the bottle or packet.

## Can my child eat or drink after?

Whilst your child's mouth is numb, it is important to avoid very hot food or drink. They can have soft and cooler foods. Encourage your child to eat on the other side to where the tooth or teeth have been removed if possible.

## What should I do if I notice bleeding?

It is normal to see a little bit of blood mixed with saliva but if your child starts to bleed then please use the cotton gauze given to you in the pack. Take the gauze, unravel the string and dampen it with a little bit of warm water. Place it in your child's mouth where they have had a tooth

removed with the string outside their mouth and encourage them to bite down for 30 minutes.

This should control any bleeding but if it does not, please contact the department, the telephone number is at the bottom of this leaflet. If it is out of working hours, please ring 111 for the emergency dental service. If you feel it is more urgent, attend the Emergency Department at your local hospital.

## How to care for your child's mouth after the treatment.

### **The next day:**

- Brush your child's teeth the day after the tooth removal, do not do this on the day
- Brush as normal. Go gently around the area that has been treated, avoiding the socket
- After every meal, your child needs to gently rinse their mouthwash with warm salty water. To make this, use one teaspoon of normal salt to a cup of warm water. It is important to keep your child's mouth clean and the socket clear of food and debris

## How long will it take to heal?

After the clot has formed in the socket and the bleeding has stopped, the socket will heal over the next couple of weeks.

## Any other problems

After a few days, your child's symptoms such as pain or swelling should be getting better. If it is getting worse, then they may have an infection. This is not common in children. Please contact the department or alternatively, your own dentist for advice.

## For young people

It is important not to smoke after a dental extraction as it can affect the healing of the socket. The longer that you avoid smoking the better, as it reduces the risk of complications.

## Contact details

Should you require further advice or information please contact:  
The Special Care Dentistry Department - **01257 245660**

WALK IN CENTRE SKELMERSDALE:  
The Special Care Dentistry Department – **07895 208608**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

**Department:** Special Care Dentistry

**Division:** Head and Neck

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