Lancashire Teaching Hospitals
NHS Foundation Trust

Information for patients and carers

Care after a Dental Extraction for Children and Young People

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 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.

Should you require further advice or information please contact Special Care Dentistry department on:

Chorley:**01257 245660** and ask to speak to a member of the Special Care Dentistry team

Walk in Centre Skelmersdale: Direct line: **07895 208608**

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
https://bepartofresearch.nihr.ac.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

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638.**

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.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:
patientexperienceandinvolvem@LTHTR.nhs.uk

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