

Advice after Tooth Extractions under General Anesthetic

A clean and healthy mouth heals more quickly

- Your child will need to be supervised for the rest of the day following the General Anaesthetic with a responsible adult to look after them.
- Your child may be a bit upset after having their teeth extracted. They may experience pain, swelling, soreness and bleeding. Paracetamol will be given to your child by our RGN/ODP in recovery if needed. We also advise you to give your child pain relief if required when you take them home.
- Your child may want to go to sleep when you get home, this is fine. Prop them up with pillows on the settee. Do not let them go to bed - please ensure you keep an eye on them.

To encourage the area to heal:

DO:

- Take it easy for the rest of the day, avoiding any strenuous exercise.
- Eat later in the day, but be careful to avoid foods which are too hard, hot or difficult to chew. A soft diet is recommended for the rest of the day.
- Brush your teeth as normal but be careful around the extraction site.
- Try not to disturb the area. Do not rinse your mouth out for the first day. After 24 hours and for the next few days, you should rinse after meals with a salt-water mouthwash (add 1 teaspoon of salt to a glass of warm water). Use after each meal for at least 5 days.
- Take painkillers if required and follow the manufacturer's instructions.
- If there is persistent bleeding, bite firmly over the area on a folded gauze pack for at least 15 minutes (the nurse will have given you some to take home to use). You can also use a folded clean handkerchief or towel. Repeat if necessary. If the bleeding has not stopped after an hour, contact your dentist or dental out of hours for further advice.

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DO NOT:

- Mouth rinse for the first 24 hours.
- Eat or drink for the first few hours after extraction (unless told to do so by the dentist).
- Exceed the recommended dose of painkillers.
- Let your child play outdoors unattended or ride a bike. A quiet day is required.
- Send your child to school for the rest of the day.

Please contact us if:

- The pain is not improving/getting worse after 3 days.
- There is continuous bleeding not stopped by the advice in this leaflet
- You are concerned that the socket is not healing.

Opening hours:

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

St Catherine's Health Centre Dental Clinic

0151 652 6527

Victoria Central Health Centre Dental Clinic

0151 604 7328

Out of Hours:

Out of Hours Service 111

Revive Dental Care

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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