

Specialist Paediatric Dental Service

Tooth extraction aftercare leaflet



cityhealthdental.co.uk



Tooth extraction aftercare

The mouth will feel numb for two or three hours after the procedure. It is therefore important NOT to:

- Bite the cheek, lip or tongue
- Eat or drink anything that is very hot

For the rest of the day encourage relaxation and rest, and avoid the following:

- Excessive exercise or play
- Spitting or rinsing the mouth out for the next 24 hours. This can cause bleeding.



Pain relief

The mouth may feel a little sore as well as have some swelling. Painkillers can be taken to make the child more comfortable.

- Paracetamol and/or ibuprofen
- Painkillers may need to be taken for 2-3 days
- Read the manufacturer's instructions and follow doses carefully



Foods and drink

- Stick to soft foods such as mashed potatoes, pasta, yoghurts, soups, ice-cream, scrambled eggs, smoothies, milkshakes, juices
- Avoid crunchy and spicy foods
- Chew on the opposite side of the mouth
- Avoid anything too hot
- Avoid biting hard on the socket



Oral care

- Brush teeth as normal
- Be careful around the extraction sites with gentle toothbrushing
- Avoid touching the affected area with fingers and tongue
- After 24 hours, where able, you can gently rinse the mouth with warm salty water after every meal (one teaspoon of salt to cup of water).

Stitches

Stitches may be used after the procedure. These usually are dissolvable and will fall out on their own in about 7-10 days. Your dentist will inform you whether stitches have been used and which type.

Bleeding

Sometimes bleeding can happen after the procedure. If this happens, firmly bite down on gauze or on a clean handkerchief for 10-15 minutes. Repeat for another 10 minutes.

If this does not control the bleeding, contact either the clinic or emergency contacts on this leaflet.

What should I do if my child has a problem?

If you are worried that your child's mouth is not healing, there is persistent bleeding, or if the discomfort or swelling is not improving, contact either one of the clinics or emergency contacts on the Contact Details page. (Please see back page)

For further help or information

Contact details

What if I have a comment, suggestion, compliment or complaint about the service?

Contact our Customer Care Team on **01482 347627** or by emailing: **chcp.customercare@nhs.net**

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

If you would like this document in an alternative language or format, such as audio tape, large print or Braille, please call: 01482 347649

City Health Care Partnership CIC is an independent 'for better profit' and co-owned Community Interest Company responsible for providing local health and care services. Registered in England No: 06273905.

chcpcic.org.uk