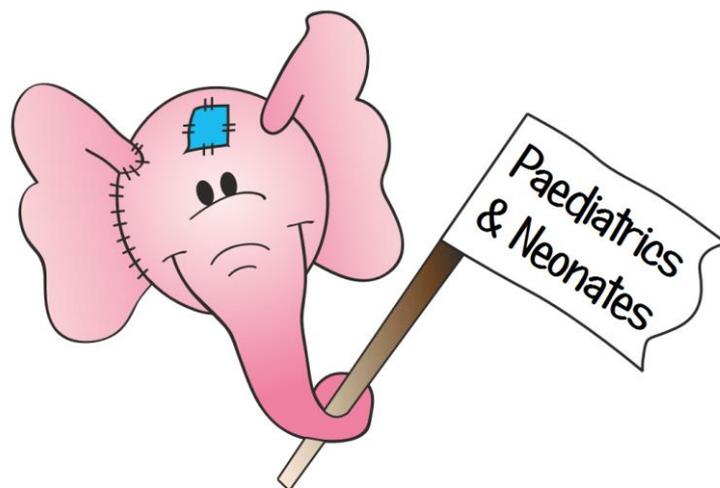


Dental extraction – aftercare advice

Children's Ward

Parent/Carer Information Leaflet



Introduction

This leaflet is for patients and carers of children who have had a tooth taken out. It tells you about:

- Cleaning your child's mouth
- Brushing your child's teeth
- What to do if the socket starts to bleed
- Things to avoid
- Medication
- When to call the Children's Ward

How do I clean my child's mouth?

Do not rinse your child's mouth for 24 hours afterwards – this will let the socket (where the tooth was) start to heal.

The day afterwards, rinse your child's mouth with warm salty water after every meal, and continue this for the next five to seven days. You can make up the mouth rinse as follows:

- Fill a cup with warm water and dissolve a level teaspoon of salt in it.
- Allow the water to cool down enough so it will not burn your child's mouth.
- Your child should take a mouthful of water and hold it over the socket until it cools, then spit the water out and repeat for about five minutes.

If your child is unable to tolerate this, plain water can be used instead.

If your child is too young, you can use some gauze to wipe gently around his or her mouth.

When should my child start to brush their teeth?

Your child can start brushing his or her teeth again gently after 24 hours. This helps the socket to heal and prevents infection.

What if the socket starts to bleed?

- Your child should rinse his or her mouth once to remove any blood clots.
- Roll up a piece of clean, dry cloth, handkerchief or gauze and dampen it with water.
- Put this over the socket and encourage your child to bite hard on it for 15 to 20 minutes.

Do not use tissues or cotton wool as they fall apart when wet and can leave bits in your child's mouth, which is unpleasant and can start infection.

Things to avoid

After a dental extraction, a clot forms within the tooth socket. This clot is an important part of the healing process. Following our advice will help the healing process:

- Your child should not play sport or do anything else very energetic for 24 hours.
- Try to discourage your child from fiddling with the socket – this includes poking it with fingers or anything else, and trying to feel it with his or her tongue.
- Your child should avoid sucking on things.
- Avoid mouthwash, unless provided by us or your GP, and any other alcohol based products. These will dissolve the clot.
- Avoid rinsing for 24 hours. If you cannot do this, rinse very gently with cool water.
- Avoid hot drinks, hard or chewy food on or near the extraction site for a few days.
- Your child should try not to disturb the site with their tongue or while they are eating.
- Do not clean the teeth next to the extraction site for 24 hours.

Please note that if the clot is disturbed, there is a risk of your child developing a dry socket which may lengthen the healing process and cause your child pain.

Will my child need medication?

- Your child may be given a course of antibiotics. Follow the instructions on the bottle and make sure he or she takes the complete course.
- Your child may need to have regular pain relief for at least three days. Remember to follow the instructions on the bottle or packet. As well as the medications, distracting your child by playing games, watching TV or reading together can help.

You should call the ward if:

- The socket continues to bleed.
- Your child is in pain and pain relief does not seem to help.
- Your child develops a rash or any other reaction to the antibiotics.

Swelling around the socket is normal and usually lasts seven to 10 days.

Who do I contact if I have questions or concerns?

Please contact:

Children's ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔