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St George's University Hospitals  
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# Dental Extractions in Children

## Aftercare instructions

**This leaflet explains more about the recommended care for your child after having a tooth removed. If you have any further questions, please speak to the doctor or nurse caring for you.**

## **Before procedure**

The dentist will double check your child's medical history including any medications they take and any allergies they have. They will advise you if this will affect their treatment and if any additional precautions/ measures are required.

We encourage your child to have a light meal before the procedure (if they are having a local anaesthetic only).

Plan to go straight home to rest after the procedure and not back to school or other scheduled activity.

## **After Procedure**

### **For the rest of that day**

- Your child's mouth will feel numb for two to three hours after the appointment – watch for and avoid accidental lip / cheek or tongue biting.
- Avoid spitting or rinsing out the mouth. This encourages a stable blood clot to form in the socket and promotes good healing. Pink spit / saliva is normal – swallow it!
- Eat on the opposite side of the mouth and choose soft and cool foods.
- Sip drinks gently and avoid using a straw.
- Avoid touching the area with fingers or tongue.
- No sport / strenuous activity.
- Skip tooth brushing that night.

## **From the day after**

- Restart tooth brushing as normal
- Start warm salt water mouth rinses (one level teaspoon salt to one cup warm water) three to four times a day (after meals) for one week.
- Can resume normal activities (e.g. school) unless the dentist has recommended otherwise.

## **What will my child feel?**

The use of local anaesthetic removes the sensation of pain during dental extraction. However, a pressure sensation and some sounds are normal during such procedures and will be explained to your child.

After the local anaesthetic has worn off, your child may feel some discomfort and swelling from the extraction site later that day and in the days that follow. Over the counter painkillers (e.g. paracetamol, ibuprofen) may be given in line with their accompanying instructions. Take care not to exceed the stated dose.

## **What to do if the socket starts bleeding?**

We will provide you with some cotton gauze which you can dampen slightly under cool water, roll into a thick pad and place over the socket. Apply firm, continuous pressure to the site of bleeding (i.e. biting down on to the gauze) for 15 - 20 minutes and this should stop the bleeding. Repeat for another 15 - 20 minutes if needed.

## **What to do if my child has a problem?**

If you are concerned that there is persistent bleeding, the socket is not healing or the swelling or discomfort is not resolving, please call us or return to the department during opening hours. If we are closed, contact your child's regular local dentist or come to St George's A&E department if bleeding persists.

## Contact us

If you have any questions or concerns, please contact the paediatric dental department on 020 8672 1255 (Monday to Friday, 9am to 5pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111



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