

Leeds Dental Institute One Day Unit

# After your child has had a dental operation

Advice for parents



## After-care following an anaesthetic

Anaesthetics can wear off slowly making your child dizzy for short periods. Your child should be observed carefully for 24 hours after leaving hospital. During this period your child may still be sleepy so do not let your child ride a bicycle, play sports or climb on playground equipment.

## Soreness in the mouth

After dental treatment your child may suffer some discomfort, a mild pain medicine like paracetamol (Calpol) or Ibuprofen (Neurofen) should be given following the instructions on the bottle.

*More advice is available at:*

[www.mychildisinpain.org.uk](http://www.mychildisinpain.org.uk)

## Bleeding

If teeth have been removed, some minor bleeding can be expected from the mouth over the next 24 hours.

*If heavy bleeding restarts from one area such as a tooth socket, take a clean cotton handkerchief or a piece of gauze.*

- Roll it up like a sausage, place it over the bleeding site and ask your child to bite on it firmly.
- Leave it in place for 10 - 15 minutes.
- Repeat if necessary, but if heavy bleeding persists for more than half-an-hour you should contact the hospital.

## Eating and drinking

Your child should be encouraged to eat and drink as normally as possible. If teeth have been extracted, soft, bland foods such as mashed potatoes, bread, soup, or scrambled eggs are usually easier to eat at first. Avoid hard, spicy food or anything very hot or very cold.

If during the first 24 hours your child does not eat much, please make sure they are drinking plenty of fluids.

## Keeping your child's mouth clean

Starting from tomorrow, your child can start to gently brush their teeth normally, but try to make sure the blood clots in the tooth sockets are not disturbed. It is also helpful to rinse the mouth after eating with warm water (not too hot) to which a small amount of salt has been added. This helps to remove any food debris from the healing sockets and should be continued for about seven days.

## Vomiting

Vomiting is common following a general anaesthetic, particularly if blood was swallowed. If your child is sick at home, let them drink small amounts of water. If vomiting continues, please contact the hospital.

## Contact telephone numbers

For advice and in an emergency

### Normal working hours

(Monday - Friday 9:00 am - 5:00 pm)

Telephone the Leeds Dental Institute,

Children's Dept. on **0113 34 36229**

One Day Unit on **0113 34 36216**

### Outside normal working hours

Telephone the Leeds General Infirmary on **0113 243 2799**, and ask to speak to the Maxillo Facial and oral surgery on-call staff, explaining the nature of the problem and informing them of the time, date and place of your child's operation.

### Our website

[www.leedsth.nhs.uk/patients-visitors/our-hospitals/leeds-dental-institute/](http://www.leedsth.nhs.uk/patients-visitors/our-hospitals/leeds-dental-institute/)

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