

## Aftercare for children who have had a tooth taken out under general anaesthetic - Advice for parents and carers

### Immediately after the procedure

- After a general anaesthetic your child will need to rest and be looked after by a responsible adult. They should not return to school or take part in any activity for the rest of the day
- Your child may be a bit upset after having their tooth (teeth) taken out and may experience pain, swelling, soreness and bleeding. Paracetamol will be given to your child by our recovery nurse if needed
- We also advise you to give your child pain relief if required when you take them home.
- If your child wants to go to sleep when you get home, this is fine. Prop them up with pillows on the settee and ensure you keep an eye on them. Do not let them go to bed until bedtime
- They should not eat or drink for the first few hours after having their tooth out (unless told to do so by the dentist).

### How to encourage the area to heal

- Your child should try and eat later in the day, but avoid foods which are too hard, hot or difficult to chew. A soft diet is recommended
- They should brush their teeth as normal but be careful around the area where the tooth has been removed. They should not rinse their mouth out for the first day
- After 24 hours and for at least 5 days, they should rinse after each meal with a salt-water mouthwash (add 1 teaspoon of salt to a glass of warm water)
- Allow them to take painkillers if required and follow the manufacturer's instructions.

### If there is persistent bleeding

- Ask your child to 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.

Continued overleaf...

Originator: Dental Service

## When to seek advice

You should contact the dentist or GP Out of Hours if:

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

## Contact

Monday - Friday 8.30am - 5.00pm  
Devonshire Park Dental Clinic  
0151 652 6527

Victoria Central Health Centre  
Dental Clinic  
0151 604 7328

## Out of Hours

Wirral Out of Hours Service  
0151 678 8496