

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET.n@nhs.net](mailto:sfh-tr.PET.n@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202601-02-RT  
Created: January 2024/ Revised: January 2026/ Review Date: January 2028

## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Discharge advice

## Postoperative care following removal of teeth



## The following information explains what to do after your child has had a tooth taken out and what to avoid.

### Cleaning

For the first 12 hours after surgery your child should try not to rinse their mouth; this will allow time for the socket (where the tooth was) to heal.

The following day your child can rinse their mouth out with warm salty water after each meal. You can make up the mouth rinse as follows:

- Fill a cup with hot water and dissolve half a teaspoon of salt into it.
- Allow water to cool so as not to burn your child's mouth.
- Your child should take a mouthful of water and hold over socket, hold for 1-2 minutes then spit it out.

### Brushing your child's teeth

Your child can begin brushing their teeth gently again the day afterwards. This will help healing and prevent infection.

### Bleeding

If the socket starts to bleed, roll a piece of clean, dry cloth or gauze. Place this over the socket and encourage your child to bite down hard for 10-15 minutes. Do not use tissues or cotton wool as they will fall apart when wet and leave bits in the mouth which could lead to infection.

### Things to avoid

Over the next few days, while the socket is healing, it is important to prevent bleeding:

- Your child should not play sport or anything too energetic for at least 24 hours.
- Try to discourage your child from fiddling with the socket, this includes poking it with fingers or anything else.
- Your child will probably need to avoid hot and hard foods for the first day or so as this will be painful and may also cause bleeding.

### Pain

Give your child regular pain relief; paracetamol and ibuprofen will usually be enough but remember to always follow the instructions on the bottle or packet. There may be swelling around the socket, which is normal following removal of a tooth; this will settle after a few days.

If the socket continues to bleed or if pain relief does not help or you are worried your child may have an infection, contact your child's dentist or GP.

