

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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@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.

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 or telephone 01623 622515, extension 6927.

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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 two days after surgery your child should try to leave their wound alone.

For the next two days, your child should 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 one level 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 (the hole that is left when a tooth is removed).
- Hold for one to two minutes then your child should spit it out.

Brushing your child's teeth

Your child can begin brushing their teeth gently again the following day.

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; this helps reduce the risk of bleeding.
- Try to discourage your child from fiddling with the socket; this includes poking it with fingers or anything else.

Eating:

- Your child may have been given a local anaesthetic to numb the area; make sure your child does not chew the inside of their cheek, or their lips, whilst the area is still numb.
- Your child will probably need to avoid hot and hard foods for the first one to two days as this will be painful and may also cause bleeding.
- When your child can chew comfortably, they can move onto more solid food.
- Avoid small or sharp pieces of food (for example crisps) as these can get stuck in the socket.
- Chewing food on the other side of the mouth is helpful.

Going back to school

If your child has had a general anaesthetic, they should not attend school for the first 24 hours. Otherwise, children can return to school as soon as they feel well enough. You will be informed if your child requires a follow up appointment.

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, if pain relief does not help or you are worried your child may have an infection, you can contact the Emergency Department (if you feel this is an emergency). Otherwise, contact Ward 25.

You can also contact the Maxillofacial unit between 8am – 4pm (Monday to Friday) on 01623 622515 extension 3315. If the unit is closed, you can also call the Queen's Medical Centre switchboard on 0115 9249924 and ask the operator to put you through to the Maxillofacial senior house officer (SHO).