



## Patient Information Leaflet Caring For Your Child's Mouth After A Dental Extraction Cork University Dental School & Hospital



This leaflet has been designed to how to take care of your child after they have had a tooth taken out under local anaesthetic and it contains answers to many frequently asked questions. If you have any other questions that the leaflet does not answer or you would like further explanation, please ask us.

### **How will my child's mouth feel on the day of the procedure?**

Your child's mouth will feel numb for 3-4 hours after the procedure. The following tips will help them to feel better and will help them to return to their everyday activities quickly.

### **What should I do as a parent/guardian?**

You should **encourage** your child to:

- relax, rest or play quietly
- chew on the opposite side of their mouth (if extractions have been only on one side)
- eat soft and cool foods
- avoid biting their cheek, lip or tongue
- avoid putting their fingers in their mouth

Please **do not allow** your child to:

- eat or drink anything that is very hot while their mouth is numb
- exercise strenuously on the day of the extraction
- spit or rinse their mouth out on the day of the extraction (this can cause more bleeding)

### **How should my child look after their mouth?**

Your child should brush their teeth as normal. They should not brush the extraction sites on the day of the procedure. From the day **after** the extraction, and for 3-5 days onwards, you may encourage your child to gently rinse their mouth using a **warm** salt water mouthwash (one teaspoon of salt to one cup of water) after every meal.

Please see the other side of this leaflet for instructions on how to manage any problems.

## **What should I do if my child has a problem?**

### **To manage pain:**

Your child may feel a little sore, and there will possibly be some swelling, but they should not be in severe pain. You can give your child painkillers such as paracetamol and/or ibuprofen to manage any discomfort. Read the instructions carefully and make sure your child does not exceed the stated dose.

Ibuprofen is not suitable for everybody. If you have questions about using it, please check with your dentist, doctor or pharmacist.

### **To manage bleeding:**

You or your child should apply firm pressure to the area with a damp cotton gauze for 10 minutes while sitting still. If the bleeding continues, repeat for another 10 minutes.

If you have any problems or worries after your appointment you should contact us immediately at (021) 4901100 and ask for the paediatric dental team.

**After 5pm please contact Cork University Hospital on (021) 4922000  
and ask for the maxillo-facial surgery team on call.**

**This leaflet is available online at <http://www.ucc.ie/en/dentalschool/patients>**