

University Dental Hospital of Manchester
Department of Child Dental Health

Information for Parents and Guardians

Post-Operative Instructions

Please read the following instructions carefully:

After Having Teeth Removed

Day of Tooth Removal

To prevent bleeding it is important that your child follows these instructions:

- No mouth rinsing/spitting.
- No poking or prodding the area with fingers or tongue.
- Cold drinks only. Be aware your child is numb and may be more prone to burn their lips on hot foods/drinks.
- Soft foods to eat which do not take a lot of chewing.
- Avoid excessive exercise and running around or swimming.

Pink saliva is normal however if you notice that the socket (where the tooth was) is bleeding or oozing encourage your child to bite on a clean rolled handkerchief, facecloth or tea-towel for 15 minutes. If the bleeding or oozing continues after this, contact the Dental Hospital or your local Accident and Emergency Department.

Pain Relief

Pain relief should be taken initially when you get your child home and before the numbness sensation wears off to prevent discomfort and then regularly as directed by the label for the rest of the day.

- Children **under 12 years old** – children's pain relief (such as Calpol sugar-free, Disprol or Nurofen) may be taken every four to six hours as directed on the bottle.

- Children **over 12 years old** – may have one (500mg) Paracetamol tablet four to six hourly. No more than four doses should be given in 24 hours, always follow the dosage on the package/ bottle.

The day after

To help healing it is important that your child follows these instructions:

- Eat soft foods which do not take a lot of chewing.
- Keep the mouth clean: Mix one teaspoon of salt with warm water and encourage your child to gargle, if they will not tolerate this ensure your child drinks a glass of water after meals to remove debris.
- Pain relief (Calpol/ Paracetamol) if required.
- Brush teeth as normal, morning and night. Just be gentle if areas are still tender.

If you have any queries about the information contained within this leaflet or any other aspects about your treatment please do not hesitate to contact us on:

University Dental Hospital of Manchester
Higher Cambridge Street
Manchester M15 6FH
Telephone Number: (0161) 393 7732
Monday to Friday 9.00 am to 5.00 pm

Or

In cases of emergency at other times please contact the
Manchester Royal Infirmary.
Ask for the Accident and Emergency Department.
Telephone Number: (0161) 276 1234