

Advice following tooth removal



Information for patients

Paediatric Dentistry Team, Charles Clifford Dental Hospital

Following surgery if **bleeding** occurs, apply direct pressure by biting on the pack provided or clean rolled kitchen roll and rest. Make sure that the pack is located directly on the bleeding area. You should do this sitting in an upright position for ten minutes.

Avoid

- Mouth washing
- Hot drinks
- Hot food
- Alcohol
- Smoking
- Exercise or effort for the first 24 hours after surgery

Do

- Keep your teeth as clean as possible
- Use luke warm salt water (put a teaspoon of table salt in a mug of luke warm water) or an antiseptic mouth rinse from the second day after surgery. You should do this every 4 hours and after meals.

Is there anything I should look out for?

Severe discomfort following tooth removal / surgery is unusual. Mild to moderate discomfort can usually be controlled by over the counter painkillers such as Paracetamol or Ibuprofen. **Please note that Aspirin should not be given to children.** If your pain is very severe you should contact the hospital for advice or an earlier appointment.

Who should I contact if I have any concerns?

Emergency treatment can be obtained by returning to the Dental Hospital from 9.00am to 5.00pm Monday to Friday. Outside these times, in emergency only, you should attend the Emergency Department at the Children's Hospital (0114 271 7000).



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