

Children going home after dental surgery



How long will it take my child to recover?

It may take your child up to a week to fully recover from their dental procedure. Your child may return to school or nursery if they seem well enough after a few days. Make sure that your child rests giving them a chance to recover. Your child should not take part in any sport activities or vigorous exercise for at least 24 hours to avoid the sockets bleeding.



Is there anything I should be aware of?

There may be some slight oozing from the sockets but if there is any prolonged bleeding, ask your child to bite on a piece of gauze or a clean handkerchief, keeping the pack in place for 20 minutes. Stay with the child to ensure that the pack does not become dislodged, which may cause a choking hazard. Repeat this if necessary. If the socket continues to bleed, please contact the Day Surgery Unit or Ward 3 on the number provided in this leaflet. If you are unable to get in contact with us, please call NHS 111.

Eating and drinking?

When you get home give your child plenty of fluids and a soft diet, nothing too hot or too cold and avoid anything that could irritate the area such as spicy, salty foods and citrus juices. If your child has a numb mouth, take care that your child does not bite their lip, tongue or cheek. The day after the dental procedure encourage your child to rinse with warm salty water after meals. It is important that the mouth is kept clean so that it heals well.

What if my child has some pain?

If your child has pain or discomfort, regular liquid Paracetamol and Ibuprofen are advised. Follow the instructions on the bottle or the pack relative to the age of your child. If the pain relief is not helping, please contact the Day Surgery Unit or Ward 3 for advice.

Brushing your child's teeth

Please avoid brushing your child's teeth after the dental procedure but resume a normal routine the day after. It is important to keep the mouth healthy to promote good healing and prevent infection.

Will my child need another appointment?

The dentist may give you another appointment to follow up, but they will contact you to see how your child is doing a few days after their dental procedure. If you have any concerns, please feel free to contact your dental clinic and arrange to speak to the dentist.

Please remember

If you have any problems within the first 48 hours, please contact:

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|--------------------------|---|---------------------|
| <input type="checkbox"/> | Children's Ward 3 | Tel: (01422) 223277 |
| <input type="checkbox"/> | Day Surgery Unit | Tel: (01422) 223748 |
| <input type="checkbox"/> | Maxillofacial Unit | Tel: (01484) 342336 |
| <input type="checkbox"/> | Bradford Royal Infirmary
Ask for Maxillofacial on call.
(Out of hours and weekends) | Tel: (01274) 542200 |
| <input type="checkbox"/> | Locala | Tel: 03033 309750 |

If you have any comments about this leaflet or the service you have received you can contact :

Ward 3
Calderdale Royal Hospital
Tel:01422 223277

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"