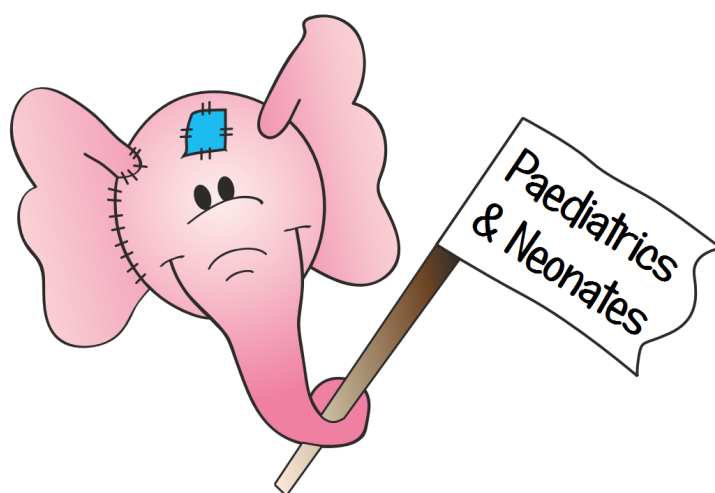


# Dental extractions

## Children's Ward

## Parent/Carer Information Leaflet



## **Introduction**

Your child is coming into hospital to have teeth taken out. This leaflet gives information on the procedure, the benefits and risks of it and what care your child will need after the procedure.

The procedure will be carried out using a general anaesthetic, where your child will be asleep. Your child should only need to be in hospital for the day.

## **Why does my child need to have teeth taken out?**

Your child needs the operation because he/she may be having toothache, or they may need teeth removed in preparation for further treatment.

## **What are the benefits?**

Your child will no longer have toothache if they have been suffering from this. If they need further treatment, they will be able to have this after the extractions.

## **What are the risks?**

As with any operation, there are some risks and it is important that we make you aware of these:

- A little bleeding from the tooth socket is normal. Your child may also experience some facial swelling. This is also normal and will settle in about three days.
- There is a small risk of infection. After the procedure, if your child shows any signs of infection such as a high temperature, being sick or they are generally unwell, it is important to contact your GP for a check-up.
- There are some rare risks of general anaesthetics which you can discuss with your child's anaesthetist in more detail before the operation. After the anaesthetic, some people feel sick or are sick. Your child may have a headache, sore throat or feel dizzy or lightheaded but these effects should only be temporary.

## **What do I need to do before the operation?**

If you are having your operation in the morning, you must not eat anything after midnight. That means no breakfast. You can have a drink of water or squash before 6.30 am. You may be able to have a drink of water or squash when you arrive on the ward. The nurse will discuss this with the surgeon and will let you know.

If you are having your operation in the afternoon, you can have a light breakfast of toast, but not anything with milk (no cereal), you can also have a drink of water or squash. You can have a glass of water or squash at 11am before you come into hospital. You may be able to have a drink of water or squash when you arrive on the ward. The nurse will discuss this with the surgeon and will let you know.

If your operation is in the afternoon, it is a good idea to bring an overnight bag, just in case you need it. Include pyjamas, slippers, wash things, hairbrush, toothbrush and toothpaste. You should also bring any medications that you take, like inhalers.

You must bring your mum, dad or carer with you.

## **What happens during the procedure?**

Your child will have an appointment for the morning or the afternoon.

When you arrive at the Children's Ward, a nurse will ask you some questions and assess your child's:

- blood pressure
- heart rate
- breathing rate

If you have any questions or worries, please ask the nurse who is looking after your child. They are always happy to answer your questions.

The nurse will put a wrist band on each of your child's wrists and put a numbing cream on the back of their hands. This is used so that when the anaesthetist puts a cannula into their hand to give the anaesthetic, they will not feel this being put in. A cannula is a thin, plastic tube.

The surgeon will come and see you to explain the operation. If you want your child to have the operation, the surgeon will ask you to sign a consent form, if you have not already signed one at a previous appointment.

The anaesthetist will come and see your child to check that they are well enough to have the operation.

The nurse will be able to give you a rough idea of the time your child will have the operation. We try to minimise delays as much as possible but sometimes these occur.

When it is time for your child's operation, one parent can go with them to the anaesthetic room and stay until they are asleep. The operation will last about 20 to 30 minutes.

## **What happens after the procedure?**

It is normal for your child to return from the operating theatre with the following:

- Blood stained saliva – this may be pink for up to 24 hours. You can gently wipe this away or your child can swallow the saliva.
- A dental cotton pack in their mouth to put pressure on the extraction site.

Some children may feel sick or be sick especially during the first 12 to 24 hours.

## **Will my child be in pain?**

Your child may experience pain. We will give them pain relief during the operation and after if required. Your child may also be given a local anaesthetic in the operating theatre which will make the area numb.

We may prescribe some pain relief for your child to take at home depending on the extent of the procedure. If not, we recommend giving pain relief such as Paracetamol, if suitable for your child. Brand names include Calpol, Disprol and Medinol (always read the label; do not exceed the recommended dose).

## **When can my child go home?**

We hope that your child will be in hospital just for the day but as with any operation, your child may have to stay overnight depending on the consultant's advice. If your child needs to stay overnight, one parent can stay with them.

The nursing team or the doctors will assess whether your child is fit enough to leave hospital. Before they can go home, your child will need to:

- be able to eat and drink
- pass urine

Most children need to stay about two hours after their operation before they can go home.

Depending on the extent of the surgery, we may give your child antibiotic medicine, mouthwash and pain relief to take home.

It is recommended that your child does not travel home on public transport due to the risk of them getting an infection. Therefore, please make other arrangements for the journey home.

## How do I care for my child after the procedure?

After a dental extraction, a clot forms within the tooth socket. This clot is an important part of the healing process. Following our advice will help the healing process:

- Your child should avoid sucking on things.
- Avoid mouthwash, unless provided by us or your GP, and any other alcohol based products. These will dissolve the clot.
- Avoid rinsing for 24 hours. If you cannot do this, rinse very gently with cool water.
- Avoid hot drinks, hard or chewy food on or near the extraction site.
- Your child should try not to disturb the site with their tongue or while they are eating.
- Do not clean the teeth next to the extraction site for 24 hours.
- After 24 hours, your child should rinse their mouth after meals using a salt water mouthwash. To make this, use one teaspoon of salt to one tumbler of warm water. If your child is unable to tolerate this, plain water can be used instead. Continue this for three days.

Please note that if the clot is disturbed, there is a risk of your child developing a dry socket which may lengthen the healing process and cause your child pain.

## What should I do if my child's extraction site bleeds?

If there is any fresh (bright red) blood coming out of the extraction site, apply pressure to the tooth socket by asking your child to bite firmly on a clean, rolled up handkerchief, gauze or similar non fluffy material. Do not use cotton wool or tissues as these may leave fluff behind which may later become infected.

## When can my child go back to school?

It depends on the extent of the surgery. The doctors and nursing staff will give you instructions. In most cases, your child will be back to school about two to three days after the procedure, and can go back to their normal activities then.

## Follow up

We will let you know if your child needs an outpatient appointment or whether they need to go to their orthodontist. If your child is having dental extractions because further treatment is required, such as braces, you will have to wait about three weeks for the area to heal before seeing the orthodontist.

If you have any questions or if there is anything you do not understand about this leaflet, please contact:

Children's ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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