

How to look after your child after a dental procedure +/- dental extractions

Looking after your child's mouth after dental treatment/minor oral surgery is particularly important to make sure it heals as quickly and best as it can.

On the day of treatment

- If your child has had an extraction, try to keep pressure on the dental pack for at least 10 minutes. (This has often passed by the time your child wakes up if they have had a general anaesthetic or the time you leave the clinic if treatment was in the chair).
- Some oozing and slight bleeding is normal and remember that a little bit of blood mixed with saliva can look like a lot more. However, if bleeding persists place a new dental pack and apply pressure for a further 10 minutes (we have given you some extra sterile dental packs but if you do not have access to these, a clean face washer/cloth will also do the trick). If bleeding persists please contact us via the details below.
- Encourage your child not to rinse or swish liquids vigorously, this can dislodge the blood clot needed for healing.
- Have your child avoid exercise that will increase blood pressure for the next 24 hours
- Continue your child's normal oral hygiene practices from the night of or morning following their appointment, keeping everything clean is important for healing, just be careful and gentle around any sockets.

Pain Relief

The local anaesthesia will provide a numbing sensation for up to 3 hours. It is important to help your child avoid biting their lip or any self-inflicted trauma (from touching and grabbing at their mouth) during this time. We recommend pain relief medication is taken before this wears off so that we hopefully remain in front of the pain. We recommend the following medications for pain management following dental treatment/surgery: Panadol (Paracetamol) +/- Nurofen (Ibuprofen).

Please follow dosage instructions for your child's weight and do not exceed the frequency or dosage limits and ensure that ibuprofen is not taken on an empty stomach.

Note – if your child has had dental treatment under general anaesthetic, the anaesthetist may have given a long-acting anti-inflammatory which will mean that you cannot take another anti-inflammatory such as Nurofen for another 12 hours. The nursing staff will have this information and will write the times your child can have their next pain relief medications below.

Next Paracetamol (Panadol) @ am/pm

Next Ibuprofen (Nurofen) @ am/pm

Your child can eat their regular diet as soon as they feel up to it. Some children require softer foods for several days whilst others (particularly if they have had restorations only) may manage their regular diet almost immediately. Encourage and support oral intake and avoid missing meals.

Please contact our rooms on 08 81513939 or if after hours 0407 567 784 if you have any concerns or feel you child is experiencing complications with healing.

Our team will contact you tomorrow (or the next business day) to see how your child is recovering and confirm a post-operative review time back at our rooms in Hahndorf.

We look forward to seeing you then.

Warm regards,
The HCPD team

