

**Further information can be obtained from:**

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's Day Services, Lister	01438 286315
Children's A&E, Lister	01438 284333
Urgent Care Centre, QEII Welwyn Garden City	01707 247549
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01438 288370
Patient Advice and Liaison Service	01438 285811

# Oral Surgery Post-Operative Advice

## Child Health Patient Information Leaflet

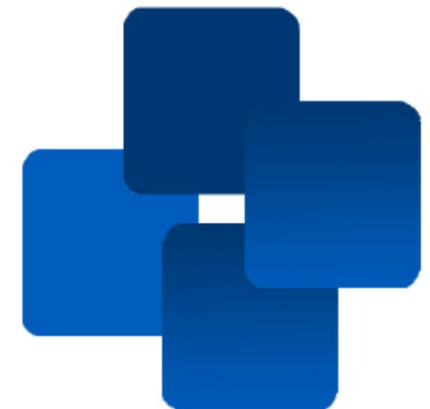


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[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

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You can request this  
information in a  
different format or  
another language.



## Introduction

The purpose of this leaflet is to help you manage your child's recovery after an operation in the mouth.

## Infection prevention

The wound is liable to infection unless precautions are taken. Your child's nurse will discuss with you actions to help prevent infection.

## Wound management

- Discourage your child from touching the wound or pushing their tongue into the socket (the gap where a tooth has been taken out).
- Do not encourage your child to rinse out their mouth on the day of the operation, unless they are instructed to do so.
- Your child should avoid very hot or cold liquids and hard food for 24 hours after the operation. If your child has had a local anaesthetic, wait for normal sensation to return before eating or drinking.

- **Avoid** giving your child pizza, toast or crisps as these foods may catch on any stitches.
- **Do** encourage your child to drink plenty of water.

## Mouth washing

Start using hot salt water mouthwashes the day after surgery, if your child is able to.

Dissolve a teaspoon of salt in 150 millilitres of boiling water and use once the temperature of the mouthwash is bearable. This should be done at least four times daily after meals if possible and after school, for the first week.

## Bleeding

In the unlikely event of bleeding after the operation, encourage your child to rinse out the clotted blood with cold water and bite down on a wet pad of gauze for up to 20 minutes. Do not use cotton wool and do not rinse more than once as this will encourage further bleeding. Keep the head raised i.e. keep your child in a sitting position.

## General advice

Your child will need to spend a quiet day at home on the day after surgery before returning to school and sporting activities.

It may be helpful for you to assist your child with tooth brushing for a few days after the surgery. It is best to use a small, soft brush in the first days after the operation.

## Pain relief

Your child can take pain relief such as Paracetamol or Ibuprofen in a suitable form for children. Ask your pharmacist and always read the label.

## Contact information

If you are worried that your child needs further medical attention after oral surgery treatment, please call:

**Luton & Dunstable Hospital**  
**Telephone 0845 1270127** and ask for the Maxillofacial House Officer on call.

**A member of the Oral Surgery Team is on call 24 hours a day.**

## Questions you may like to ask: