

Extraction Instructions – Children

Cleaning your child's mouth

Do not rinse your child's mouth for 12 hours afterwards – this will let the socket (where the tooth was) start to heal. The day afterwards, rinse your child's mouth with warm salty water after every meal, and continue for the next five to seven days.

If the socket starts to bleed

- Roll up a piece of clean, dry cloth, handkerchief or gauze and dampen it with water. Put this over the socket and encourage your child to bite hard on it for 15 to 20 minutes.

Important information

Over the next few days, while the socket is healing, it is important to prevent it bleeding.

- Your child should not play sport or do anything else very energetic for 24 hours.
- Try to discourage your child from fiddling with the socket – this includes poking it with fingers or anything else, and trying to feel it with their tongue.
- Encourage your child to avoid spitting out as this will encourage bleeding.
- Your child will probably need to avoid hard foods for the first day or so, but after that, they should eat normal foods.
- Your child should avoid hot drinks or food while they still have numbness.
- Your child may need to have regular pain relief for the next few days. Regular pain relief like paracetamol will usually be enough, but remember to follow the instructions on the bottle or packet.
- Parents must take care to ensure that children do not bite themselves while numb.

You should call the Dental practice

- If the socket continues to bleed and does not stop after attempting to stop it at home with gauze.
- If your child is in pain and pain relief does not seem to help

Brushing your child's teeth

Your child can start brushing their teeth again gently the same night. This helps the socket to heal and prevents infection.

Contacting the practice

If you have any questions about your child's extraction, please contact the practice. During out of hours please contact 111 or in an emergency please attend the local hospital or dial 999.

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