

Some helpful tips following an extraction



First 24 hours

Try to keep meals light, soft and not too hot.

Warn your child about biting their mouth or lip before the anaesthetic wears off.

Avoid rinsing your child's mouth.

Use your child's usual form of pain relief if required, carefully following instructions on the packaging.

If the socket is bleeding, bite on a cotton pad for 15-30mins.

Swelling around the socket is normal and may last 7-10 days.

+ Seek further advice... (see numbers below)

If bleeding persists for over 30 minutes.

If your child has been given antibiotics and develops a rash or any other reactions.



After 24 hours

Begin to introduce normal food and drink.

Rinse regularly with warm water mixed with a teaspoon of salt, especially after eating (if your child is too young use a clean cloth or gauze soaked in solution and carefully wipe gums). Continue to do this for 3-4 days.

Start brushing your child's teeth gently to prevent infection and promote healing.

Useful contact numbers

Rice Lane Dental Practice: 0151 525 3598

NHS Direct: 111

Fazakerley Hospital: 0151 525 5980