**What if there are any problems?**

If you experience any problems after your operation such as unable to control the bleeding please telephone the dental surgery for advice

**Useful Contact Numbers:**

St James Kings Lynn: 01553 668676

Epic Centre Norwich; 03332079954

The Arthur Levin Day Surgery Unit: (08:00 – 18:00) 01553 613555

Hospital switchboard: (18:00 – 08:00) 01553 613613

(please ask for Max facs or oral surgery bleep holder)

Alternatively, please contact your GP or 111

**Dental Extractions**

**Oral & Maxillofacial Surgery for Children & Young People**

**The Arthur Levin Day Surgery Unit**



The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust  
Gayton Road, King’s Lynn PE30 4ET  
Tel: 01553 613613

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**Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343  
**Email:** pals@qehkl.nhs.uk  
**Letter:** PALS, The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust, Gayton Road, King’s Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

**Going home & Post-operative instructions**

The following instructions should be followed for patients who have had teeth removed or who have undergone minor oral surgery, to reduce bleeding and promote optimal healing.

1. On the day of your surgery, you may be numb from local anaesthetic be careful not to bite your lip, tongue or cheeks.
2. Avoid touching the socket and discourage the tongue away from any extraction sites.
3. Reduce the temperature of food and hot drinks. It is advisable to offer liquid through a straw especially where multiple extractions have taken place.
4. Keep the diet soft for the next day or so (pasta, mash potato, eggs, soup, yogurt or something similar).
5. Feeling drowsy after the procedure is common and a quiet restful day upon returning home is recommended with adult supervision for 24 hours.
6. Some children & young people vomit after a general anaesthetic and this may be brownish in colour, due to a small amount of swallowed blood. If vomiting persists or become heavily bloodied, please seek medical advice.
7. Sutures (stitches) are sometimes required. These are dissolvable and will come away within a few days.
8. Following extractions some bleeding is expected. It is normal for saliva to be streaked with fresh blood for 1-2 days. If any heavier bleeding occurs, sit upright and bite onto a clean, damp rolled up clean handkerchief, or gauze supplied for 20 minutes (avoid using paper tissues) and repeat if necessary. If you fail to control bleeding contact the surgery for advice (see overleaf).
9. Older children (if able) can bathe mouth with warm salt water (1 teaspoon to 1 cup) 3 – 4 times a day for 2-3 days to promote healing. Return to normal dental hygiene/teeth brushing as soon as comfortable.
10. Some pain and discomfort are expected, especially after multiple extractions. This can be controlled with analgesics such as paracetamol/ibuprofen taken as directed.

**Are there any risks?**

Every operation carries some risk of infection and bleeding. Your Doctor will discuss any concerns you may have. Modern anaesthetics are very safe and your child/young persons’ anaesthetist is a very experienced doctor who is trained to deal with any complications.

**What happens before the operation?**

Dental Team, Doctors and Nurses will explain the operation in more detail and discuss any worries you may have. If your child/young person has any medical problems, including any allergies, please tell the doctors about these, your child/young person will be required to remain Nil by Mouth before the operation and your appointment letter will explain this.

**What happens afterwards?**

After the operation your child/young person will return to the ward area to be with you to wake up fully from the anaesthetic. Once they are assessed as safe, feel comfortable and has had a drink, you will soon be able to take your child/young person home. The length of stay in hospital depends on how quickly your child/young person recovers; your child/young person will never be sent home before you are happy to go.

**When can my child/young person next have pain relief?**

Today

Your child/young person can have Paracetamol between

& hours.

You can use Ibuprofen Only if required between

& hours.