

## Patient information

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# Caring for your child following dental treatment under general anaesthetic

### **Welcome**

Welcome to Ward 6B at The Royal London Hospital. The staff will do everything possible to help you and your child to feel comfortable. This leaflet will help you to care for your child on the day of their procedure and then when you are back at home. You will need to give your written consent before we can go ahead with any treatment.

### **How will my child feel after the procedure?**

Your child's mouth may feel a little sore and swollen. He or she may be in some discomfort for the first few days, but not severe pain. Encourage your child to drink plenty of fluids. He or she may only be able to eat soft foods for a few days (eg soup) until their mouth begins to heal and it's easier to eat. Your child will need plenty of rest to start with, but after two or three days, should be well enough to return to nursery or school.

### **What happens if my child's mouth starts bleeding?**

Apply firm pressure to the area, with the gauze provided, for 20 minutes. If the bleeding continues, or you are worried at all, then telephone the department (or return to the children's dental department).

### **Should I continue to give my child their regular medication?**

Please let us know if your child is on any medication. Sometimes we need patients to stop taking their medicine for a short while – but we will let you know if this is the case.

### **What pain relief can I offer?**

If you need to, offer your child simple painkillers such as paracetamol and/or ibuprofen. It's usually a good idea to provide painkillers on a regular basis for at least the first 24 hours (talk to your dentist or doctor first).

## How can I help my child over the first few days?

- Encourage your child to relax before and after the procedure
- Tell them not to worry if their mouth feels numb at first (it will start to go back to normal after a few hours)
- Suggest that they chew on the opposite side of their mouth
- Ask your child not to touch the affected area with their tongue or fingers
- Try and stop your child from spitting, biting their lip or tongue
- Brush their teeth as normal
- After every meal, gently rinse their mouth using a warm salt water mouthwash (1 teaspoon of salt to a cup of water). Continue doing this for three to five days.
- Do not let your child eat or drink anything that is too hot or too cold.

**!** If you are worried that your mouth is not healing after two weeks, or if the swelling and discomfort is not improving, then please telephone us or return to the children's dental department.

## Will my child need to come back for a check-up or further treatment?

Possibly – we will talk to you if this is the case and the dental team will set up the appointments for you.

## Who can I contact for further information about the procedure?

- 📍 Ward 6B, The Royal London Hospital, Whitechapel, London, E1 1BB
- 📞 020 3594 6119 or 020 3594 6121, or Ward 6B 020 3594 1441 (8.30am-5pm, Monday to Friday)
- 📞 Out of hours, in an emergency, contact the Children's A&E reception: 020 3594 0005
- 🌐 [www.bartsandthelondon.nhs.uk/our-services/dental-hospital/](http://www.bartsandthelondon.nhs.uk/our-services/dental-hospital/)

## Patient Advice and Liaison Service (PALS)

For support with our services, including help dealing with any issues or concerns you may have, please contact the Patient Advice and Liaison Service (PALS) for The Royal London Hospital: *Tel:* 020 3594 2050 or 020 3594 2040 *Fax:* 020 3594 3235

## Large print and translations

To receive this leaflet in large print, please call PALS (see above). If you would like help interpreting this leaflet, please call the Health Advocacy Administrator on 020 7377 7280.

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**Reference:** BH/PIN/47

**Publication date:** June 2012. All our patient information leaflets are reviewed every three years.

**Barts Health NHS Trust Switchboard: 020 3416 5000**