



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Ospidéal Ollscoil Chorcaí
Cork University Hospital

Care of a Child Post Tooth Extraction



Information for Parents & Guardians



Children's Services

What to expect after your child's tooth extraction

- Your child may feel tired/drowsy after their anaesthetic up to 24 hours
- Their mouth will be numb up to 2-3 hours after waking. This can be due to the local anaesthetic
- Slight oozing of blood where the tooth was removed is normal for the first day
- There may be swelling which will go down after 3-4 days.
- Your child may vomit blood or brown stained fluid once or twice after their anaesthetic. If this persists you should contact your GP. An anti sickness medicine may be needed
- Your dentist will explain what type of stitches your child has and how to care for them following the procedure

How you can help your child

- Encourage your child to drink plenty of water and cold fluids after their procedure. Avoid hot drinks
- Give your child soft diet for the first 24 hours (eg.-Ice cream, yogurt, soft cheese) Avoid nuts, popcorn, crisps and toffees
- Use mouthwash prescribed
- An older child may gargle salt and water to promote healing
- Ask the nurse what time your child can have a painkiller when they go home. The CUH pain information leaflet will be given to you on discharge by the nurse



How to prevent further dental decay

- Use fluoride toothpaste
- Brush teeth twice daily with a soft toothbrush, before breakfast and last thing at night
- Change your child's toothbrush every 3 months
- Limit intake of sugar rich foods, soft drinks and concentrated fruit juices
- Beware of hidden sugars in food and avoid if possible
- Encourage your child to drink water instead of fizzy drinks
- Milk and water should be given at meal times if possible
- Avoid sugary snacks between meals.
- Don't dip your child's soother in honey or sugar
- Take your child to the dentist twice a year for regular check ups



Contact Numbers

Cork University Dental School
and Hospital: (021) 490 1100

Cork University Hospital
Emergency Department: (021)
492 0200

*Developed by Niamh Hogan & Laura Larmour (BSc Children's and General Nursing Interns) In consultation with Oral Maxillofacial Unit staff
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The information in this leaflet is correct at time of development

Think Teeth!



Good habits formed at youth will last a lifetime!