

Mouth care after dental treatment under general anaesthesia for children/young people with congenital heart disease

East Midlands Congenital Heart Centre

Last reviewed: September 2024

Information for Patients & Parents

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You should follow the advice below if your child has a tooth taken out (extraction) or any other dental treatment:

Bleeding:

Please try to make sure your child does not put their fingers or tongue in the sockets if possible as this may cause bleeding.

Stitches and special dressings are sometimes used to control bleeding and make patients more comfortable. These will dissolve on their own.

Some bleeding is normal and it is normal to see some blood in your child's saliva for 1 to 2 days. If heavier bleeding happens, apply pressure by biting down on the packs we have given you or a small, clean, rolled up face cloth placed over the area that is bleeding for about 10 minutes. Repeat if needed.

If you are not able to stop the bleeding, please contact the team via Ward 1 Kensington Building 0116 258 3961 or 0116 258 3730.

Local anaesthetic:

Your child may have been given local anaesthetic to numb the area that was treated. You should make sure your child does not chew their cheek or lip while it is numb. The numbness will wear off within a couple of hours.

Eating and drinking

Do not give your child hot drinks on the day of the procedure.

We advise a soft diet for a few days after the procedure while the sockets heal. For example, Yoghurts, soup, pasta.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Pain Relief:

We will have given your child pain relief while they are in hospital. Once this has worn off, there may be some mild discomfort. This is normal. If your child is still in pain we would advise giving regular pain relief as needed for example Paracetamol or Ibuprofen. Your child may need pain relief for up to several days after the procedure. This can vary from child to child.

Your child has been given the following pain relief whilst at the hospital:

Paracetamol: The next dose is due at
_____ am/pm

Ibuprofen: The next dose is due at
_____ am/pm

Mouth Rinsing:

Try to stop your child from rinsing and spitting out over the next 24 hours. This can cause bleeding. Your child can swallow as normal.

After 24 hours we advise a warm salt water mouth wash after each meal. Add 1 teaspoon of salt to a cup of warm water. Do not let them swallow the water. They must gently rinse and spit out. This will help keep the area clean and help the mouth to heal. If your child is able to, please continue to do this for 2 to 3 days.

Tooth Brushing:

Your child can brush their teeth as normal but remind them to brush gently around the socket areas.

Other advice:

Your child should not do any exercise for 24 hours.

Your child should not drink alcohol, smoke or vape for 5 days. This can increase the risk of a painful infected socket.



Infected Endocarditis:

Patients with congenital heart disease can be at increased risk of infective endocarditis after dental treatment.

You should contact your cardiologist as soon as possible if you notice any of the following symptoms particularly if they happen together as a flu-like illness:

- A high temperature (fever) of 38°C or above
- Sweats or chills, especially at night
- Breathlessness, especially during physical activity
- Weight loss
- Tiredness (fatigue)
- Muscle, joint or back pain (not caused by recent physical activity)

Contact details

East Midlands Congenital Heart Centre: 0300 303 1573

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk

