

Wisdom teeth removal

Useful guidelines for your child's recovery at home

Diet and fluids

- Eat soft foods such as jelly, sandwiches or soup. Gradually add solid foods to the diet as your child's mouth heals.
- Do not use a straw for the first few days. Sucking on a straw can loosen the blood clot that forms at the surgery site. If this happens, it can delay healing.

Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

Activity

- Relax after surgery – physical activity may increase bleeding
- Do not lie flat – this may prolong bleeding. Prop up your child's head with pillows.

If bleeding occurs

- Suck on ice, do not bite
- Bite gently on the gauze pad periodically, and change pads as they become soaked with blood
- Call your dentist or oral surgeon if your child still has bleeding 24 hours after surgery or you are concerned at any stage

Incision care

- While your child's mouth is numb, tell them to be careful not to bite the inside of their cheek or lip, or their tongue
- After 24 hours, gently rinse the mouth with warm salt water every few hours to reduce swelling and relieve pain
- Tell your child to avoid rubbing the area with their tongue or touching it with their fingers
- Continue to brush teeth and tongue carefully

Ice and heat

Your child can try using an ice pack on the outside of their cheek for the first 24 hours.

Medications

- If the doctor has prescribed antibiotics, take them as directed. Your child should not stop taking them just because they feel better. It is important that they take the full course of antibiotics.
- If the doctor has not prescribed specific pain medication, ask them if your child can take an over-the-counter medication such as paracetamol (and ensure you follow correct dosage instructions for your child's age)
- If pain medication is causing your child to feel nauseous, take the medication after meals (unless your doctor has told you not to)

When to contact your surgeon

Please contact your surgeon if your child has:

- Pain that does not get better with medication
- Signs of infection such as pus draining from the incision
- A temperature over 38.5°C
- Bleeding that is not stopping with gentle biting on gauze pad

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact the Ward using the phone number below.