

**Surgical Day Care Unit****Oral Surgery and Dental Extractions****Discharge information for parents and carers****Introduction****General Anaesthetic**

Most children appear quite alert and active when they are discharged from hospital. However do not be surprised if your child complains of feeling dizzy or tired or is a little clumsy. This may last for a couple of days.

For the next 24 hours.

- **You should** encourage your child to rest
- **You should** make sure our child's activities are supervised by a responsible adult
- **Do not** let your child ride a bike
- **Do not** let our child take part in any outdoor activities
- **Do not** give your child any fizzy drinks
- **Do not** give your child hard to digest foods such as chips, burgers.

Your child may complain of having a sore throat, hoarseness, muscle aches or pain following an anaesthetic. You can give your child Paracetamol. **Do not exceed the recommended dosage for your child's age.**

All advice regarding medicines will be given to you when your child is discharged.

What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for one hour. After that you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

If the vomiting continues, please contact your GP out of hour's telephone number or your nearest Accident & Emergency Department.

Oral Surgery and Dental Extractions**Day of surgery advice:**

- Your child may have difficulty opening his/her mouth but this should settle in two – three days.
- It is important your child keeps their mouth clean but don't let them rinse their mouth for the rest of the day. Try to discourage your child from putting their fingers into their mouth and putting their tongue into the sockets.

- Your child may have had a local anaesthetic. If they have; discourage them from biting their lip and cheek as they will be numb. The effects of the local anaesthetic should wear off in a couple of hours after the operation.

Day after surgery

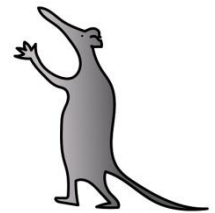
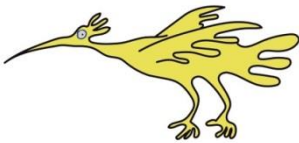
- Your child should rinse their mouth out with some luke- warm salt water for 10 – 20 seconds as often as possible and especially after meals and before they go to bed.
- Teeth brushing can start the day after the operation but avoid the area around the operation site for three days.

If bleeding occurs

- Roll up a handkerchief and place it directly onto the wound ensuring you apply pressure (ask your child to bite onto the handkerchief). Continue to apply pressure for 10 – 15 minutes or until the bleeding stops. If bleeding persists bring your child to Accident & Emergency Department.
- If pain is persistent and severe or any other problems occur please contact us on the telephone numbers below.

Surgical Day Care Unit 0151 252 5557 / 0151 282 4509 07.00-20.00 Monday to Friday

Out of hours Ward 3A 0151 252 5441 24 hours 7days



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust
Alder Hey
Eaton Road
Liverpool
L12 2AP

Tel: 0151 228 4811
www.alderhey.nhs.uk

