

**If you have uncontrolled bleeding or pain during office hours (Monday to Friday, 8:30am to 4:45pm)**

**Phone:** The Community Dental Service on 0113 392 9875 Or the Middleton Health Centre GA Department on 0113 843 0390 (Adult GA)

**Or:** Contact your own dentist or doctor

**After office hours, on weekends or bank holidays**

**Phone:** 111 (NHS Out of Hours / Non emergency service)

**Or:** Attend your nearest hospital A&E department

### **Help us get it right**

If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff. We learn from your feedback and use the information you provide to improve and develop our services.

### **Community Dental Service**

Admin Office

St George's Centre

St George's Road

Leeds LS10 4UZ

Phone: 0113 392 9875

Open Monday to Friday 8.30am to 4.45pm (excluding bank holidays)

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email [lch.pet@nhs.net](mailto:lch.pet@nhs.net)

**We can make this information available in Braille, large print, audio or other languages on request.**



**Leeds Community  
Healthcare**  
NHS Trust

## **Community Dental Service**

**Information for patients who have  
had general anaesthesia for dental  
treatment**

**Name of Patient:**

**Date of Procedure:**

## After your general anaesthesia (GA) for dental treatment

- **You should rest at home for at least the next 24 hours.**
- As a result of the anaesthetic procedure you may have a sore/bleeding nose, a sore throat and some pain or stiffness in the muscles around your back and chest. This should slowly settle.
- Any bleeding should have stopped by the time you leave the hospital, although a little 'oozing' is common.
- Local anaesthetic is often used in the mouth at the time of the anaesthetic so take care not to bite your tongue, lips or cheeks whilst they are numb. The numbness usually disappears by the time you leave the hospital.
- The dentist sometimes puts 'surgicel' in the tooth socket to help stop any bleeding, this will look like a brown gauze or cotton wool like material. It may fall out, or if it stays in the socket it simply disappears on its own in a few days.

## FOR AT LEAST 24 HOURS AFTER THE ANAESTHETIC

### THE PATIENT MUST NOT:

- ◆ Be left alone
- ◆ Look after children or dependant adults
- ◆ Return to work
- ◆ Drive a car or ride a bike
- ◆ Drink alcohol or smoke tobacco
- ◆ Do any strenuous exercise, i.e. sports, cycling or carrying heavy bags
- ◆ Operate machinery, including gas/electric cookers and kettles
- ◆ Make important decisions or sign legal documents
- ◆ Take recreational drugs

## If you had teeth removed

### On the day:

- **Do not rinse your mouth**, just gently spit out any blood
- **Do not eat any hard food.** Also avoid food like rice for a few days as the small particles may fall into the tooth socket. We recommend soft foods e.g. pasta, mashed potato, sandwiches, yogurt and ice-cream. Avoid big heavy meals.
- To prevent dehydration ensure you **drink regularly**. Food and drink should be warm or cold, **NOT HOT**.
- You may take painkillers as prescribed, or advised by the dentist, such as paracetamol and / or ibuprofen. **DO NOT** take aspirin.
- **Do not** hold anything hot on the outside of your face.

## If bleeding starts again

1. Sit in an upright position
2. Fold a gauze pack and press it onto the area where the blood is coming from
3. Close your teeth together onto the pack for 10 minutes

## After 24 hours

Make and use a hot salt water mouthwash as instructed below:

1. Add 1 teaspoon of salt to 1/2 a mug of hot (not scalding) water
2. Take a mouthful of the hot salty water and count to 15 slowly before spitting it out
3. Repeat step 2 until you have used up all the hot salty water

**This should be done at least twice a day for 3 days.**

Keep the rest of your mouth clean by gentle but thorough tooth brushing.