

PREVENTION

It is important to remember that if your children's teeth are properly looked after this will avoid a lot of dental treatment.

This means regularly cleaning teeth as soon as they appear and avoid a lot of sweets and fizzy drinks.

Please ask your nurse for an endocarditis information leaflet and endocarditis card and a dental care booklet.

Don't forget to show your dental prophylaxis card when having further treatment.



Useful Telephone Numbers:

Ocean Ward E1 023 8079 6470

Liaison Team 023 8077 7222 bleep 2478 (9am-5pm)

Direct line 023 8079 4659

E1 Ocean Ward Information Booklet



for dental treatment



PRIOR TO ARRIVAL

As your child has a heart condition your dentist has asked the hospital consultant dentist to carry out your child's treatment to their teeth. The hospital dentist will work with the consultant heart doctor and consultant heart anaesthetist who will be responsible for your child's anaesthetic (special sleep).

If your child takes warfarin (blood thinning medicine) as they have an artificial heart valve you will be advised to stop this medicine and come to E1 a few days before the operation. Please continue to take all other medicines.

Please phone E1 ward 023 8079 6470 or the liaison team on 023 8079 4659 if the instructions on your admission letter are unclear.

DAY OF ADMISSION

If your child is not on warfarin you will be expected to come to E1 ward on a Thursday afternoon. The operation will be planned for Friday morning.

On Thursday, you and your child will be seen by the ward nurse, ward heart doctor, Mr Pavey the consultant dentist and consultant anaesthetist.

A chest x-ray and ECG (a paper trace of the heart beat) will be arranged. Mr Pavey will need to decide if a special mouth x-ray is needed. You will be told when your child needs to stop eating and drinking, usually, no food 6 hours before the operation and no drinks 2 hours before.



AFTER DENTAL TREATMENT

Do not allow your child to vigorously rinse out their mouth for 24 hours after the operation as this can disturb the blood clot.

Your child is advised to avoid physical activity for the rest of the day and the following day. Your child will be able to go back to school on the Monday.

After 24 hours, your child may rinse their mouth out with warm salty water after every meal and 3 extra times. For younger children, a drink of clean water is sufficient: continue this up to seven days and for as long as you find helpful. This is important as it keeps the mouth clean and helps prevent infection. Add 1 teaspoon of salt to a beaker of warm water.

If bleeding starts after leaving the hospital use the pack of sterile gauze provided or a clean handkerchief, moistened with cooled boiled water, placed over the bleeding point. Bite for 20 minutes without disturbing the pack. **DO NOT USE PAPER TISSUES.** If the area continues to bleed after doing this, contact E1 (Ocean Ward) 02380 796470 if you are in area. If you are out of area contact your GP or A&E department at the nearest hospital.

If pain occurs use a mild painkiller such as paracetamol and ibuprofen. **NB. ASPIRIN AS A PAINKILLER IS NOT RECOMMENDED FOR CHILDREN UNDER THE AGE OF 12 YRS.**

Your child should brush their teeth as usual but make sure all the toothpaste is rinsed gently out of the mouth.

You may wish to cover your child's pillow in case they bleed or dribble saliva.