



The official fundraising arm of the
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal
Alexandra website; use the QR code below or follow the link:
bsuh.nhs.uk/alex/services/accident-and-emergency/



Useful numbers:

NHS 111 - 24hr advice line

Practice Plus (Brighton walk-in Centre) 0333 321 0946

Practice Plus GP - 0300 130 3333

8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way
intended to replace professional clinical advice by a qualified practitioner.

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University Hospitals Sussex

NHS Foundation Trust

the
alex

Children's Emergency Department



Mouth injuries

Information for parents, carers & relatives

Mouth Injuries

Mouth injuries are common in children and are often less serious than they look.

Even a small cut or puncture wound inside the mouth may bleed a lot because there are many small blood vessels in the head and neck area.

Because of their good blood supply injuries in the mouth usually heal very quickly.

What can I do to help my child recover?

- Keep the mouth area as clean as possible by encouraging your child to rinse their mouth out with clean water after eating.
- Give your child an ice lolly/ice pole to suck on to soothe the discomfort.
- Please give your child regular pain medicine such as paracetamol and/or ibuprofen (refer to the instructions on the bottle/packet regarding doses and frequency).
- Avoid salty, hot or spicy foods for a few days.
- If your child has been given a course of antibiotics, please make sure they finish the full course.

Things to look out for

If your child experiences any of the following symptoms in the first three days, bring your child back to the Children's Emergency Department (CED) or the nearest A&E.

- **Fever**
- **Worsening sore throat**
- **Hoarse voice**
- **Difficulty breathing**
- **Swelling or redness around the face or neck.**

Most mouth injuries in children are very minor and heal quickly without complications.

Tooth problems

If your child's teeth are loose or damaged, you will need to have this assessed by your local dentist. Emergency dentist information can be found below.

NHS Dental Helpline
03000 123 1663

iDental Care Limited
Brighton and Hove Emergency Dental Service BN2 9NE
Out of Hours:
Weekdays from 5.30pm - Weekends from 9.00am
03000 242 548