

POST - OPERATIVE INSTRUCTIONS FOR PATIENT UNDERGOING SURGERY INSIDE THE MOUTH

After your surgery

- Try not to eat or drink (except sips of water) for at least 2 hours following your surgery. After 2 hours you can eat and drink as normal. (Whatever is comfortable for you to eat.) **We suggest around 2 to 3 days of a soft diet.**
- **You must relax and refrain from smoking or drinking alcohol for at least four days.**
- Normally following oral surgery procedures, **it is usual to suffer some discomfort for up to a week, sometimes longer. This can be prolonged to 2 weeks in smokers.** If you find that the area where the extraction or surgery was carried out is still painful 7 to 10 days following surgery (or longer in smokers) this would be normal and it might not be necessary to see someone at the practice but to continue on your post operative regime.
- You may swell up and be bruised on your face (worst 48 hours afterwards).
- It is not unusual for the bruising to pass into your neck or chest. To help keep the swelling down, you may want to put some frozen peas, wrapped in a thin tea towel, on the outside of your face when you get home. Keep them placed in the area you have had surgery for approximately 20 minutes of every hour for the next few hours.
- **You may find difficulty in opening your mouth for up to one week.**
- **It is normal to have blood stained saliva for up to 3 days.**
- If severe bleeding occurs, roll up a cotton handkerchief, wet it, and bite firmly to apply pressure to the area for 30 minutes. If more persistent bleeding occurs, contact The Practice. If this occurs outside practice hours, please telephone your own dental practice for 'Out of Hours' Service or phone 111 if you are not registered with a dentist.
- Use Chlorhexidine mouthwash four times daily as directed on the bottle for 7 days. Also use hot salt mouthwashes (approximately one cup of water as warm, as a cup of tea, with a level teaspoon of salt dissolved. Use the whole cup). This should be used four times daily to bathe the area gently in order to clean the wound. **This will mean rinsing every two hours.**

Begin rinsing after 24 hours following extraction. We advise to start using warm salt water mouthwash 24 hours after your surgery.

- For pain relief use Ibuprofen. Take two 200mg tablets (400mg) after food, three times daily. **Please do not take these if you suffer from asthma, have a stomach ulcer or you are allergic to Ibuprofen. (Do not take Ibuprofen on an empty stomach).** If necessary, in severe pain, you may take two 500mg Paracetamol tablets in between the Ibuprofen tablets. This would mean you are taking pain relief approximately every three hours.

- Smoking or failure to keep your mouth clean can result in severe infections after your procedure, which, in some cases, may lead to admission to hospital and further surgery. **Do not smoke for at least four days following surgery.**
- For the extraction of lower teeth normal sensation to the side of the tongue and the lower lip should return within 12 hours. If this has not returned within 12 hours please contact the practice for advice

If you have undergone sedation

- Rest for the remainder of the day. Your escort should be with you at all times.
- If the cannula site (needle in arm or hand) begins to bleed, raise your hand and apply pressure with a cotton handkerchief and thumb for 15 minutes.

Please contact The Practice on either 01773 830560 if you have any concerns during normal working hours.

Monday 08.00 – 4.00

Tuesday 08.00 - 4.00

Wednesday 08.00 - 4.00

Thursday 08.00 – 5.00

Friday 08.00 – 3.00

or otherwise, do not hesitate to contact the Dental 'Out of Hours' Service on 111 for advice

As a practice, we are happy to offer implant dentistry to provide dental implants to replace missing teeth, either to hold dentures or to fill existing spaces. If you would like to access this care or discuss implants with someone at the practice, please speak to a member of staff.

Review: April 2025

Next review: April 2026