

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 three 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 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. If mild 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 Dental 'Out of Hours' Service on 0845 6031407.

Use Chlorhexidine mouthwash four times daily as directed on the bottle. 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. For further clarification of these instructions please visit www.youtube.com then enter in to the search bar: Corsodyl Colin Campbell

Begin rinsing no sooner than 2 hours following extraction. We advise to start using warm salt water mouthwash 4 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 or a stomach ulcer. (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 immediately 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 830 560 if you have any concerns during normal working hours (Mon, Tues 8a.m till 4p.m, Wed, Fri 8.15a.m till 4.15p.m and Thurs 8.45a.m till 4.45p.m) or otherwise do not hesitate to contact the Dental 'Out of Hours' Service on 01332 888 085 for advice.

As a practice, we are happy to offer implant dentistry to providedental 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.

We also provide a high-quality denture service with qualified clinical dental technician, Mr Mark Melbourne and would be delighted to speak to patients about this if they were interested. Please ask a member of staff for details.