

POST-SURGERY/EXTRACTION INSTRUCTIONS

Complications following surgery are rare but please follow this advice to reduce the risk of problems.

On the day of surgery

Avoid disturbing the blood clot in the hole where the tooth was. **REST TODAY!**

- ☐ Avoid rinsing today but follow the later instructions about salt water/chlorhexidine rinses from the day after the surgery.
- ☐ **DO NOT SMOKE!!**
- ☐ Avoid alcoholic drinks.
- ☐ Cold beverages or ice cream can help reduce future swelling.

Bleeding

Some pink staining of your saliva is normal following surgery. If you have problems with persistent bleeding then use the gauze supplied or a clean tissue:

- ☐ Fold the material and make it damp.
- ☐ Place the pack over the extraction site and apply pressure by biting.
- ☐ Sit and rest. It can take 30 minutes for a good clot to form.

If your wound has been stitched close, do not disturb the sutures. These will be removed in a week.

Numbness and altered sensations

Be careful not to burn or bite yourself whilst you are still numb. The numbness normally lasts 2-3 hours. Some procedures can carry a risk of damage to the nerves if they lie close to the teeth. If you experience altered sensation which doesn't improve then contact us for a review.

Pain and swelling

Some pain and swelling is to be expected after surgery. This will usually peak at about 2 days after surgery and will normally resolve over the course of a week. Taking painkillers regularly will help (but not exceeding the safe maximum dose). Unless you have been told otherwise by a doctor it is fine to take both paracetamol AND ibuprofen (Nurofen)/ponstan/arcoxia.

Difficulty swallowing and opening the mouth

This may occur as a result of significant swelling or muscular tension from prolonged mouth opening. This normally resolves after a week.

The next 7 days

- ☐ Eat and drink carefully. Soft foods will be easier to eat initially. Ensure you drink plenty of fluids.
- ☐ Clean your mouth thoroughly but gently.
- ☐ RINSE YOUR MOUTH AFTER EVERY MEAL WITH WARM SALT WATER/CHLORHEXIDINE RINSES. Half a teaspoon of salt in half a cup of warm water.
- ☐ **DO NOT SMOKE!!**