



Post-Operative Instructions

Following Extraction or Surgical Procedures

Immediately after your extraction or surgical procedure:

- Keep biting on the gauze placed after the extraction, for about 1-1.5 hours as pressure will help stop the bleeding
- Avoid eating, drinking, smoking or rinsing your mouth.
- Avoid touching the hole or operation site with your tongue, finger or other objects and avoid sucking the hole.

For the rest of the day:

- Make sure that you eat and drink but do not have anything very hot, cold or fizzy - lukewarm is best and soft food is better than hard or chewy food.
- Do not spit or rinse your mouth today
- Do not take part in vigorous exercise or active sports as this may start the bleeding again.
- The numbness will last for 2 - 4 hours so take care not to bite your tongue, lip or cheek during this time. Keep small children under observation when they are numb, until all the numbness has gone.
- If bleeding results and persists roll up another gauze (provided) and bite firmly down on it for 20 minutes whilst sitting upright. A small amount of bleeding is normal after an extraction or operation, but if bleeding does not stop please contact your dentist.

The next day (best after 36-48 hours from surgery):

- you can brush the other teeth properly but avoid brushing the area with the surgery.
- Start salt mouthwashes. Dissolve a teaspoonful of salt in half a tumbler of warm water (not too hot). Take a mouthful and hold it over the site of the extraction or operation. Let the water come freely out of your mouth rather than sucking and spitting. Finish all the mouth rinse and repeat this as often as possible but at least after every meal and before bed. Do this for several days as it will help to keep the area clean.
- Expect some discomfort after an extraction or operation and if necessary, take the recommended dose of ibuprofen, paracetamol or your usual painkiller but avoid aspirin unless you are taking aspirin for your other medical conditions. If the pain persists, please contact your dentist.
- Your mouth may swell a little and this is quite normal after an extraction or operation. If the swelling is excessive or lasts longer than 2-3 days, please contact your dentist, or if it is out of hours and you feel like your breathing is affected please call emergency services (999)
- depending on the location and difficulty of the extraction/surgery, some bruising might appear on the region. It usually disappears in a few days, but do contact the dentist if it doesn't.

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