

The Dental Tree Exeter Close
Oral Surgery
Post-Operative Instructions

PAIN

- There should be no pain immediately after the operation due to the local anaesthetic used. This should last for 3-4 hours before sensation returns slowly and care should be taken during this time to avoid biting the lip, tongue or cheek.
- Pain tends to be worse on the 2nd and 3rd day but gradually improves over a period of 7-10 days.
- Simple painkillers such as Paracetamol, Ibuprofen or Codydramol should control the pain.
- If there is sudden increase in pain after a few days, this may indicate infection and you may need to contact your **general dental practitioner**.

SWELLING

- This is common after surgery has been carried out in the jaw.
- The swelling reaches its maximum the day after surgery.
- Swelling should resolve by 7-10 days after surgery.
- Bruising of the face occasionally occurs and can take up to two weeks to resolve.

BLEEDING

- This should be minimal by the time you leave the clinic.
- Blood stained saliva is to be expected for 24-48 hours after the operation.
- **DO NOT RINSE** the mouth for the first day. This may disturb the blood clot and cause bleeding.
- If persistent bleeding occurs, roll up a piece of gauze and place it over the wound and bite firmly over a period of least 15 minutes.

ORAL HYGIENE

- The next day, use a hot salt- water mouth bath. The water should be as warm as possible and a spoonful of salt added. Take a mouthful and hold it still for a couple of minutes before spitting out. Repeated 4 times daily for up

to 1 week- 10 days. This will help healing.

- Keep your teeth clean with gentle tooth brushing if possible.
- Corsodyl mouthwash will help reduce plaque while tooth brushing is difficult.

DIET

- Your mouth opening may be restricted for about a week.
- Eating semi-solid food should be possible.
- Use your own discretion and gradually start eating normally according to your own pace.

STITCHES

- If you have stitches (sutures) in your mouth these should drop out or dissolve after a period of 7-10 days.

MEDICATION

- Antibiotics after the operation may be required in some cases.
- If necessary, and pain killers will be prescribed or advice given.

TIME OFF WORK

- This will depend on your profession and the amount of surgery.
- The average time off work should be between 3-5 days, but there is a great deal of variation between individuals.

SMOKING/ ALCOHOL

- Smoking and consumption of alcoholic beverages should be avoided during the first 2 weeks.

FOLLOW UP

- If follow up is needed, you are normally seen 2 weeks after surgery. An appointment is usually arranged before you leave the clinic.

EMERGENCIES

- During surgery hours contact us on 01438354590 or 01438 724262
- In **acute** emergencies **ON THE DAY OF YOUR SURGICAL PROCEDURE** outside surgery hours please ring the on call oral surgeon on: **07503527741**
- **THE DAY FOLLOWING YOUR SURGICAL PROCEDURE** please contact your general dental practitioner for any other queries relating to your surgical procedure.