

POST-OPERATIVE INSTRUCTIONS

It is important **not to rinse for up to 24 hours afterwards**, as this may cause bleeding. From the next day onwards, try to keep the extraction site clean by gentle rinsing with **hot salty water or a Chlorhexidine based mouthwash (e.g. Corsodyl)** this will aid healing.

- It is not uncommon for **slight bleeding** from the socket after an extraction. If this occurs, bite firmly on a clean damp cotton handkerchief for at least 20 minutes.
- Soft foods are advised for the remainder of the day following the operation, but nothing too hot or cold. You should also be careful **not to bite your cheek, lip or tongue** while still numb.
- You should expect some **soreness** afterwards, which can be relieved by painkillers (such as Paracetamol, Solpadine, and Nurofen etc). These can be taken while you are still numb.
- If you have had wisdom teeth removed you may suffer from **numbness or slight tingling of the lip or tongue**. This usually resolves within days, but please contact the surgery if the problem persists.
- Unless you are informed otherwise, any **stitches** will dissolve after 10/14days.
- You may have a **swollen or bruised face / neck** after the operation and possibly have **restricted mouth opening**. This is common, and symptoms should resolve after a week or so.
- **It is important not to take alcohol for 24 hours after the operation and not to smoke while the socket is healing. Smoking will make you more prone to an Infected Socket, which is extremely painful.**
- **For Patients who have had Dental Implants placed, please avoid biting hard foods for up to 3 months – Please discuss this with your Dentist if necessary.**
- **If any of the above problems persist, please call the Surgery.**

In addition: For Patients who have had Sedation.

- **Do not drive, operate machinery or sign important documents for 24 hours afterwards.**
- **Avoid using cookers, kettles, irons and other potentially dangerous appliances**
- **Patients should stay off work or school until the following morning and limit themselves to quiet restful activities; they should be accompanied by a responsible adult for the rest of the day.**