



Post Minor Oral Surgery Advice

- Do not eat or drink for half an hour following the procedure. Avoid eating on the side of the extraction and only eat soft foods for the remainder of the day.
- Avoid gargling or rinsing on the day of the extraction.
- Avoid drinking alcohol or smoking for 24-48 hours.
- Keep your tongue away from the treated area and avoid sucking the treated area.
- Avoid exercise and heavy work or activity for 24-48 hours following treatment as this may cause bleeding from the affected area.
- If the extraction of surgery was on your upper jaw, do not blow your nose for the next two days. Blowing your nose can pop a hole into your air sinus and cause an infection in the sinus. If your nose runs, wipe instead of blowing.
- The numbness will last 2-4 hours. Be careful not to bite your lip, tongue or cheek and avoid hot drinks until the sensation has been fully restored.
- You may clean your teeth gently but spit out only. Do not rinse with water or mouthwash.
- Bleeding: should the socket start to bleed, place the swab provided (or a small rolled up handkerchief) over the socket and bite firmly and constantly for 10-15 minutes. Do not lie down during this time.

Bleeding always appears worse in the mouth due to the flow of saliva. Should you be unable to stem the flow of blood, repeat the above for 30 minutes. Contact the Practice during normal surgery hours or the on-call dentist (afterhours) should bleeding continue. The Practice answer-phone will have the required details.

- Post-operative discomfort is inevitable but varies considerably from patient to patient, the degree of infection prior to the treatment and the difficulty of the extraction. Ibuprofen and/or paracetamol is normally sufficient. Please follow the recommended dosage taking care not to exceed that dosage. Should the pain become worse, please contact the Practice.
Painkillers, as recommended, taken just before the numbness wears off, can help reduce the immediate discomfort.
- Very occasionally, the bony socket may become infected (Dry Socket) This normally occurs 2-4 days following extraction. You will become aware of a deep seated, nagging pain which does not respond well to painkillers. Please contact the surgery. Treatment for a Dry Socket does incur a charge of £28.
- Hot salt water mouthwashes commencing 24 hours after the extraction can help with post-operative discomfort. Dissolve ½ teaspoon (2.5ml) of normal salt in a cup of water as hot as you can possibly tolerate in your mouth, and bathe the treated area as often as you can for the next 24-48 hours. Do not swallow the salty solution.
- Antibiotics are not usually required following extractions or surgery.