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# POST- OPERATIVE CARE (ORAL SURGERY)

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Information for patients



## Advice following Oral Surgery

This information leaflet is designed to help you care for your wound at home.

### On the day of surgery, you should avoid:

1. Mouth washing brushing the area
2. Spitting out
3. Hot drinks
4. Hot Food
5. Alcohol
6. Exercise or effort for the first 24 hours after surgery.
7. Smoking

### From the day after surgery:

Use hot salt water (teaspoon of table salt in a mug of hot water) or an antiseptic mouth rinse every 4 hours and after meals. Continue with this until the area has healed.

**Brushing:** Be gentle when brushing teeth for the first few days in the extraction site, keep rest of teeth as clean as possible.

**Bleeding:** You may get a small amount of bleeding in the first few days. If the bleeding is persistent you should apply pressure to the area by biting hard on a clean rolled up handkerchief or cloth for 10 minutes. Make sure the handkerchief is placed directly on the bleeding area. Avoid further mouth rinsing for 12 hours.

**Pain:** Discomfort can be expected after a tooth extraction or oral surgery and there may be some swelling. Simple pain-relieving tablets may be needed for the first few days. We recommend Paracetamol or any tablets you would normally take for headaches. Please follow the instructions on the packet. Your local pharmacist can advise you on pain relief if necessary.

### What if I think there is something wrong when I get home?

If you are worried or think an infection may be developing (increasing pain or swelling/dry socket) please contact us via [maxfac.njl@icloud.com](mailto:maxfac.njl@icloud.com) or

High Trees : 01143493326

Occidental : 0114 2780110

BMI Thornbury : 01142661133