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## **Post -Operative instructions following minor oral surgery or extractions**

You need to look after yourself carefully following your treatment to avoid complications. A clean and healthy mouth aids healing -reducing pain, swelling and the chance of infection.

- Rest for the next few hours and avoid any strenuous exercise.
- Avoid touching the area. Care must be taken with food and drink. Cool, soft food/drink may be eaten after a few hours.
- Do not smoke for the next few days, it reduces the quality of the blood clot.
- Alcohol should be avoided for the next 24 hours.
- Do not rinse or gargle for the next 24 hours.
- Painkillers are advised following treatment, they are best taken whilst the area is still numb. Ibuprofen and paracetamol are best. Avoid aspirin and do not take ibuprofen if you suffer from asthma.
- Some weeping of the wound is normal. If the wound starts to bleed again sit upright and bite hard on the sterile swabs provided for 20-30minutes. If you run out of swabs use a clean cotton handkerchief ( DO NOT use tissue). If bleeding persists please call us on 01706 644717.
- The numbness will last for 2-4 hours -take care not to bite or burn the lip/cheek/tongue.
- From tomorrow** rinse you mouth with warm salt water. Dissolve a teaspoon of salt in half a tumbler of warm water. Take a mouthful and hold it over the wound. Repeat until the tumbler is empty. This should be repeated as often as possible but at least after every meal and before bed, this will help to keep the area clean. Brush your teeth as normal but take care in the wound area.
- Occasionally small pieces of bone work their way loose out of the extraction site, this is normal.
- Some pain, bruising and swelling is normal, this should gradually improve over the next 3-5 days. If the pain or swelling is excessive or lasts longer than this

please call the surgery on 01706 644717 and we will be happy to help.