

# After Oral Surgery

## INSTRUCTIONS TO FOLLOW AFTER AN OPERATION



### ON THE DAY OF TREATMENT

- Rest for a few hours, but you do not have to lie down
- Do not rinse your mouth for at least 6 hours after your operation
- Avoid hot drinks, alcohol, hard or chewy foods
- Pain or soreness can be relieved by taking the prescribed medication. If none was prescribed, take tablets such as paracetamol (Panadol) two 500mg tablets every 4-6 hours as required (8 tablets maximum in 24 hours) or ibuprofen (Neurofen) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)
- Should the wound start to bleed, apply a handkerchief compress. Place this on the bleeding point and bite firmly on it for 5-10 minutes or longer if necessary whilst sitting up. Take off the compress and check whether the bleeding has stopped. If it hasn't, use a fresh compress. If you cannot stop the bleeding yourself, please telephone Coulthard Sullivan Dental Practice



### DAY AFTER OPERATION AND THE NEXT FOUR DAYS

- Continue with a soft diet
- Start mouth rinsing after 24 hours. Gently bathe the area with Corsodyl Daily (chlorhexidine) mouthwash or Difflam (benzydamine) oral rinse twice a day. Alternatively use salt-water rinses after each meal made by dissolving a level teaspoon of salt in a glass of warm water. The rinse should be held in the mouth for two to three minutes to bathe the wound and then discarded
- Do not hold anything hot against the outside of your face
- Pain, swelling and stiffness should start to settle in three to four days
- Any stitches (sutures) usually dissolve and fall away within 10 days