

Post Extraction & Surgical Procedures Guidelines and After Care



The aim of this leaflet is to provide you with instructions following a dental extraction or oral surgery. Please read and follow the instructions below:

- Have a restful day. No strenuous exercise or heavy lifting.
- No smoking or alcohol for 24 hours.
- Immediately after the procedure you will still be numb. The numbness lasts for 3- 4 hours before sensation returns slowly. Care should be taken to avoid biting the lip, tongue, or cheeks during this time.
- You may experience some pain following surgery but it gradually improves over a period of 7 – 10 days. Simple pain relief should control the pain. Only take pain relief that are safe for you. If you have been advised to avoid, or you have had any problems with painkillers please discuss this with your dentist or doctor.
- If there is a sudden increase in pain after 48 hours this may indicate infection and you should seek help from your dentist.
- Swelling is common after surgery has been carried out in the jaw. The swelling reaches its maximum 2 – 3 days after surgery. The swelling should resolve 7 – 10 days after surgery.
- Bruising of the face occasionally occurs and can take up to 2 weeks to resolve.
- Bleeding should be minimal by the time you leave the practice. Blood stained saliva is to be expected for 24 – 48 hours after the operation. If the tooth socket (or surgical site) bleeds, sit upright, take a clean cotton handkerchief or tea-towel, place over the socket and bite down hard. Apply constant pressure for at least 30 minutes.

If bleeding continues, re-apply pressure for a further 30 minutes. If it continues to bleed, contact the practice or during evenings and weekends contact NHS 24 on 111.

- Do not rinse your mouth for the first day. This may disturb the blood clot and cause bleeding. The next day start using salt mouthwashes (a glass of warm water with a teaspoonful of salt dissolved in it). Use as often as possible but at least after any food. *Made by dissolving ½ a teaspoon of salt in a glass of warm water.*
- Try not to disturb the area with your tongue etc as this may encourage bleeding and lengthen healing period.
- Your mouth opening will be restricted for about a week. Eating semi-solid foods should be possible. Use your own discretion and gradually start eating normally according to your own pace.
- If you have stitches in your mouth, these should (unless you have been advised otherwise) dissolve and drop out after a period of 7 – 10 days.