



44 Dental Care

Care of the mouth after your surgery

- After your surgery, keep the pack that the oral surgeon placed in your mouth for at least 30 minutes
- The effects (numbness and tingling) of the anaesthetic will last 2-3 hours. Do not smoke during this period.
- Do not drink hot liquids or alcohol for at least 24 hours.
- Do not undertake any vigorous exercise or heavy work for at least 24 hours.
- Do not rinse your mouth out for the rest of the day.
- The following day, boil some water and allow to cool a little so that it won't scald you. Fill a glass with this water and add a level teaspoon of table salt. Allow this to dissolve. Take a mouthful, rinse and hold this over the area of surgery for 30 seconds or so and then spit out. Try to use the full glass to make sure the wound is kept clean. Repeat this procedure at least 4 times per day and especially after food. If you find the salt unpleasant, you can use Corsodyl mouthrinse.
- Brush your teeth as normal, but take care around the wound.
- A little bleeding may occur and oozing can continue for up to 48 hours. If this increases make a pad with a clean, folded handkerchief which has been slightly dampened with water. Place it over the bleeding point and bite on it for at least 20 minutes. Repeat if necessary.
- As some discomfort must be expected, take painkillers you would normally use for a headache. However, please avoid aspirin in the first 24 hours as this can increase risk of bleeding.
- If you have been prescribed antibiotics, please make sure that you complete the course.
- Some swelling (and occasional bruising) may also occur. This will normally reach its maximum 3 days after surgery and then gradually reduce.
- If there is:
 - Continuous bleeding **that doesn't stop with pressure** (see above);
 - Persistent pain that **increases** after 3 days following surgery;
 - Extreme facial swelling

- You should contact the practice on **0116 2519647 (Or 111 outside of our opening hours)**
- Tightness of the muscles of the jaws may make it difficult to open the mouth as normal, which can last for a week or so after surgery. This might mean you have to change what you eat for a while, but drink plenty of fluids.