



Advice for Patients Following Surgery

After treatment, the feeling of numbness usually lasts for 2-5 hours. During this time, please take care to avoid anything too hot, and try to chew on the opposite side. We advise that you wait one hour after treatment before eating or drinking.

As with any surgery, some pain and discomfort is to be expected. It is also common after some procedures to experience some swelling and possibly bruising, which may take a few days to get better. You can help to recover by following the instructions below:

- Do not rinse your mouth for the remainder of the day. If you do rinse the clot may be washed away and bleeding may start. If bleeding occurs place clean damp gauze or a folded clean handkerchief across the surgical area and bite on it for at least 15 minutes with constant pressure. If excessive bleeding occurs, please contact the practice on 0121 709 1660.
- Avoid very hot food or drink for the rest of the day, as the heat may cause the site to bleed again.
- Avoid strenuous exercise or excessive amounts of alcohol for the remainder of the day.

The day after the procedure, you can use a mouthwash (e.g. Corsodyl, if not allergic) to clean the surgical area by bathing it in mouthwash. This means holding the mouthwash in the area you had surgery for about one minute and then spitting it out. This should be done after every mealtime i.e .3-4 times a day.

You can also use hot salt water mouthwashes to improve healing. This can be done as many times as you wish but only from the day **after** surgery.

How to prepare and use hot salt water mouthwash

1. Boil the kettle and fill a glass with water.
2. Add one teaspoon of salt and stir well.
3. Let this sit for a while. Ensure the water is warm but be careful not to burn yourself.
4. Take a mouthful of the water solution and hold it over the surgical site. Keep it there for half a minute, spit it out, and repeat until the glass is empty.
5. Do not rinse your mouth out after.
6. Do this 3 – 4 times a day after meals for the next few days. If the saltwater stings, you should use less salt.



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To decrease the risk of swelling, bruising, and inflammation that can cause pain you can use a cold compress (e.g. wrap a bag of frozen peas in a tea towel) and place it over the surgery side of the face for about 1 minute then remove for 3 minutes and repeat 3-4 times.

Use an extra pillow to sleep for the first day for the same reasons explained.

We aim to remove your sutures soon. Please do not try to lift your lip/cheeks in order to look at your sutures as this can tear them.

Do not take any aspirin or blood thinning medication unless discussed with your doctor or dentist.

The following pain-killer routine can usually control pain or discomfort after treatment.

Pain-killer routine:

- 2x 500mg Paracetamol every 4-6 hours with a maximum of 8 tablets in 24 hours.

If you are also able to take Ibuprofen, after eating (even if it is just a cup of tea and a few biscuits, or a glass of milk) please take:

- 2x 200mg Ibuprofen every 8 hours with a maximum of 6 tablets in 24 hours.

Always ensure to not exceed the manufacturer's recommended doses. Please read the instructions for the over-the-counter painkillers, to ensure that these do not interfere with any medication you take. You can also ask your pharmacist.

Please call the practice on 0121 709 1660 if you have any queries or concerns.