Ian Corbett

Specialist Oral Surgeon

Post-Operative Instructions

* Avoid rinsing and spitting for the first 12 hours
	+ Sip on cold drinks, try using a straw
* Wait until the numbness wears off before trying to eat
	+ Allow food to cool down
	+ Eat soft food
	+ Chew away from the area of surgery
* Take regular painkillers
	+ As advised
	+ Stay within the maximum doses
* Avoid physical activity today
* After 24 hours you may use a saltwater mouthwash
	+ 1 teaspoon of table salt in a glass of warm water
	+ Hold over surgical site for 1 minute
	+ Avoid swilling, bathe area only
	+ Allow to fall from mouth
	+ 3-4 times per day and after meals

Although a clot forms at the site of surgery, a gentle ooze of blood, seen in your saliva, is expected. More obvious bleeding can be stopped by applying pressure. Roll up gauze or a cotton handkerchief, dampen and bite down with gentle pressure over the bleeding area for 10 minutes. If bleeding continues please contact us immediately.

Please be gentle with the surgical site, early loss of a blood clot can lead to a ‘dry-socket’, a constant severe ache, usually accompanied by a bad taste/smell. Infection is uncommon, the area may feel tense and hot and a discharge may be noticed. If the infection is severe you may feel unwell, with a raised temperature and more severe swelling. If you feel you may have any of these symptoms please contact us immediately.

If swelling is affecting your ability to breath or swallow you should attend A&E immediately.