

Post-Operative Instruction Following Tooth Extraction Or Minor Mouth Surgery

Following today's appointment, there are a few general points which should be observed, to ensure that the operative area settles down and heals as quickly as possible:

Use of Painkillers

Once the local anaesthetic wears off, there may be some residual discomfort or soreness for a day or so. This is quite normal and is in effect, reactive inflammation.

Use painkillers as needed or directed (Nurofens are best if you can tolerate them, Paracetamol or Paracodol are good alternatives). Painkillers obviously work best if taken promptly and regularly.

Use of Hot Salt Water Mouth rinse

Clean the remainder of your teeth and gums in the usual way, but avoid the surgical area. Instead rinse with hot salt water (teaspoon of salt in a glass of "moderately hot water"), 2 to 3 times per day for 4 days.

Post-Operative Bleeding

Blood staining in the saliva when rinsing out after mouth surgery, is perfectly normal and may be noticed for a few days.

Any persistent bleeding should be treated by wetting one of the supplied dressings in tap water and biting it with firm pressure onto the bleeding area for 15 minutes.

If still bleeding after this, please contact me immediately.

Dietary Advice

There are no great restrictions on your diet during the healing period, but do exercise care to avoid tough, granary, or hard foods as far as possible during the first 5 days.

If you have any other queries or concerns, please do not hesitate to contact me on: **07780 991 810** or by e-mail: [**andrew1962@me.com**](mailto:andrew1962@me.com)

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