

POST DENTAL SURGERY TREATMENT ADVICE



Always remember a clean and healthy mouth heals more rapidly than a neglected one.

The following steps will help prevent bleeding, and relieve soreness:

On the day of the treatment

- Take care not to bite your lip/cheek/tongue while you are still numb.
- **Rest** for a few hours, but you do not have to lie down.
- **Avoid strenuous exercise**, heavy lifting or sudden stooping until the following day, as this may cause bleeding to start again.
- **Do not rinse** the mouth for at least 24 hours, as this may restart bleeding but start tomorrow, gently bathing the area a few times a day with warm salt water.
- **Avoid HOT fluids**, hard or chewy foods. Choose cool drinks and soft foods and eat on the other side of the mouth for the next few days.
- Wait about three hours before eating.
- **No alcohol** or smoking for 24 hours.
- If you disturb the wound it may start bleeding again. Should this happen, apply a small compress. This can be made from some cotton wool in a clean handkerchief. Place this on the bleeding point and bite firmly on it for 10-15 minutes, longer if necessary.
- Any pain or soreness can be relieved by taking routine painkillers like Paracetamol or Nurofen. Not Asprin or Anadin as these will promote bleeding. Always read the instructions on the packet and if in doubt consult the dentist.

On the day after the treatment

- It may be beneficial to use an antiseptic rinse recommended by your dentist or a warm saline mouth rinse to bathe the wound. This may be carried out after each meal until healing is complete. A saline rinse is made by dissolving a level teaspoon of salt in a glass of warm water. The solution should be held in the mouth for approximately two minutes to bathe the wound and then discarded. Avoid over-vigorous rinsing.
- Continuing mild pain can be treated by taking your usual pain relieving preparation as above.
- Try to maintain freedom in all movements, opening/closing your mouth; moving your head and neck, with gentle exercises, little and often.
- Mild bruising and swelling may occur. If you have a procedure where the dentist feels that your symptoms will be more pronounced he will advise you.

If in any doubt please consult your dentist 01626 365896