

Advice To Patients

Instructions following Oral Surgery

Cleaning your mouth

It is important to keep your mouth clean. On the first night do not rinse your mouth out or brush your teeth as this may cause bleeding. In the morning you may use a mouthwash or salt water and after this begin to brush gently but mind the stitches.

Food

Stick with soft food until you can chew comfortably.

Activity

Remember you have had a minor operation so take things easy. We advise time off work where necessary. (Sedation 24hrs)

Mouth opening

Mouth opening is usually restricted to about a fingers width between your front teeth for about a week after wisdom teeth extractions, it then slowly returns to normal.

Stitches

Your stitches are made of absorbable material and will disappear on their own. This can take many weeks so if you are unsure or concerned telephone us for advice.

Pain

Dental operations can be painful. Afterwards we recommended that you use normal pain killers from the chemist. If you are not improving please contact us for a review appointment.

Bruising

This may appear on your face and neck. Do not worry it is quite normal and soon goes away.

Swelling

Your face may swell up for two days after certain operations. It will then take about five days to return to normal. If you are not improving please contact us for advice.

Bleeding

You may bleed from your mouth even though you have been stitched. Do not be alarmed. If the ooze becomes uncomfortable place a cotton handkerchief DIRECTLY over the operation site and bite firmly down for at least 20 minutes whilst remaining quietly seated. Do not rinse your mouth.

Numbness

After some operations your tongue or lip may be numb. This is only temporary but in some cases may last for an indefinite period. If you are numb, please avoid hot drinks and be careful eating, if numbness persists please contact us.