

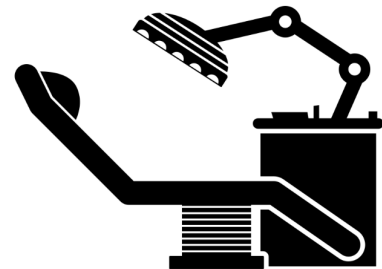
Oral surgery and restorative dentistry

Minor oral surgery: post-op instructions

Information for patients, relatives and carers

What to expect and do in the first 24 hours?

- Do not touch the tooth extraction site with your tongue or fingers
- You might have swelling and bruising inside and outside of your mouth
- You will be numb for a few hours after surgery –be careful not to burn yourself with hot food or drink, avoid hard foods and biting your lip/cheek
- It is best to have soft food for example cooled pasta or soup for at least two days
- You can take pain relief medication while you're still numb so that the pain relief is effective once the numbness wears off
- Avoid spitting or rinsing for 24 hours after the tooth extraction – this may wash away the blood clot and cause more bleeding and pain (dry socket)
- Don't clean your teeth on the day of the extraction but begin again the following day with a soft toothbrush and toothpaste as usual and take care around the extraction site



What to expect and do in the first 72 hours?

- Do not drink alcohol, smoke or do strenuous exercise
- You may experience difficulty opening your mouth and pain/stiffness of your jaw. This will get better after 72 hours but can last longer
- You may experience bad breath; this is unlikely to last more than a week



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- You will have a small hole or depression in the gum where the tooth was extracted and this can take up to two months to close over
 - After 24 hours, gently rinse your mouth with warm salt-water (1 teaspoon of salt in a cup of warm water)
 - Pain is common for the first 48 to 72 hours and your mouth can be sore for up to a couple of weeks

What to do if you bleed?

- It is normal to experience a little oozing from the socket and your saliva might be pink/red
- If bleeding restarts later on, use one of the bite-packs dampened with tap water and bite down/apply pressure on the socket where the tooth was removed for 15 minutes whilst seated, repeat as needed
- If you do not have a bite-pack, use a clean towel to bite down on or apply pressure
- If bleeding does not stop, please contact NHS 111 (NHS out of hours helpline) or Accident & Emergency



How to control pain?

We will tell you what pain relief is most appropriate for you and your medical history, so we will ask you to confirm your medical history details with us at every appointment.

Please follow the instructions on the packet of all pain relief medication, do not exceed the maximum dose and contact your dentist, GP or pharmacist if you need clarification or suitable alternatives

What is a dry socket?

Dry socket is delayed healing of a socket (where the tooth was removed) due to the early breakdown of the blood clot. This can cause a dull pain, which isn't helped by painkillers. This normally happens a few days after the extraction. If this happens please contact your dentist or our team using the number on the page three so that we can treat you with a dressing.

Other instructions

- If you have stitches, these will dissolve by themselves in about seven to 14 days.
- If you were given antibiotics, follow the instructions and complete the course. If you get a reaction to the antibiotics, such as a rash, stop taking the antibiotics and contact the hospital, your GP or local Accident & Emergency for further advice.



Hours and contact information

- Monday to Thursday: 08.30 to 17.00
- Friday: 08.30 to 15.00

Phone number: **020 3313 0403**

Oral surgery clinics are open on Monday, Wednesday, Thursday and Friday.

Restorative dentistry clinics are open on Wednesday and Thursday.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf. Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street

London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:

imperial.communications@nhs.net