

## Post-operative Instructions for Oral Surgery

LAST MODIFIED – 05/05/2024

This leaflet provides essential post-operative instructions for patients scheduled for minor oral surgery. Please follow these simple instructions to ensure a speedy recovery from your recent oral surgery procedure.

### In the next 24 hours:

- Do not rinse your mouth or spit for the rest of the day.
- Avoid hot drinks and hot food for the rest of the day.
- Do not smoke.
- Do not drink alcohol.
- Avoid any strenuous activity; take it easy for the rest of the day.

If you experience bleeding, use the gauze pack given to you by the dentist. Place it over the socket and bite down hard for 30 minutes (pressure stops bleeding). If after 30 minutes it hasn't stopped, make another pack from a handkerchief and repeat the process. Do not lie down during this process. If you experience continuous bleeding, call Vahé Cooper.

### For the following days-week:

- Maintain a soft food diet; avoid anything too hot or spicy (this may cause bleeding).
- Keep the area clean and, if possible, use warm salt water rinses (one teaspoon of salt to one glass of warm water) every 2-4 hours, especially after food and at bedtime.
- Blood in the saliva is normal for up to 2 days after the procedure.
- Pain and swelling are normal after an operation; take painkillers if you need to (please avoid aspirin for pain relief).
- Continue with your routine medication.
- Take all antibiotics if prescribed and finish the course.

Many people suffer sensitivity of the teeth next to the surgery site; this is normal and will resolve over time. Do not be alarmed if you feel sharp fragments around the site; they will disappear. If you have had stitches placed, they will dissolve and will last 3-4 weeks.

### Note:

Pain and discomfort are to be expected following any surgical procedure.

### Contact Details

If you have any concerns, please contact Mr Vahé Cooper – 07999 379179.

**Vahé Cooper**

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