

POST OPERATIVE ADVICE

What to expect after an oral surgery procedure:

- Pain and soreness for up to 48 hours.
- Swelling of the face and sometimes, bruising. This is usually at its worst in the first two days.
 - Difficulty opening your mouth and jaw stiffness
 - Bad breath from the blood clot.
- Sensitivity of teeth adjacent to the socket.

To help minimise problems in the post-operative period please follow the instructions below:

- On the day of surgery do not rinse out your mouth as this may cause bleeding.
- If bleeding occurs place a gauze pack over the socket and bite firmly on this for at least 30 minutes.
- The day after your surgery start to rinse your mouth out gently with corsodyl mouth-wash or warm salt and water. Repeat this at least three times per day for the next week.
- Keep your mouth as clean as possible by brushing your teeth as usual.
- Maintain a soft diet and drink plenty of fluids.
- Avoid alcohol and smoking.
- Vigorous exercise is best avoided.
- Ice packs to the face may help reduce swelling.

Possible complications:

Dry socket: Intense persistent pain 3-5 days after surgery in 5-10% of patients. You need to have the extraction socket washed out and soothing dressing placed. Call your own dentist or us as soon as possible if you have this problem.

For wisdom teeth removal: Inferior alveolar or lingual nerve injury: pain, altered sensation (pins and needles) or numbness of your tongue or lower lip, chin and teeth. Your surgeon will discuss your particular risk with you.

Your surgeon will advise you on pain relief and may have prescribed antibiotics. Take these medications as directed and do not exceed the prescribed dose. If you have any problems contact the clinic, or your own local dentist for advice.

In the event of any post-operative emergencies e.g. excessive bleeding, please telephone: 071 9150820 or outside surgery hours telephone: 0876654074