

Instruction following Extractions & Surgical Procedures

Patient Information

Maxillo Facial - Head and Neck Services

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For the remainder of today

1. Avoid hot food/drinks as the area will be numb for several hours.
2. For at least 24 hours avoid spitting/rinsing out the mouth.
3. For at least 3 days avoid alcohol and smoking as this will affect the healing process.
4. Avoid excessive exercise and sport.
5. Take painkillers before the numbness has worn off, as the area will be tender.
6. Ice packs can be used externally over your face/cheek to help reduce swelling.

After 24 hours

Do:

1. Rinse the mouth with warm salty water (one teaspoon of salt per tumbler) for several minutes. This will speed up the healing, ease any soreness and help keep the mouth clean. Use the saltwater mouthwash as often as you can over the next week, especially after meals.
2. Brush teeth gently.
3. Stay hydrated! Drink plenty of cool fluids.
4. Eat soft foods.
5. Keep away from the surgery area e.g. tongue in socket.

If bleeding/swelling occurs:

1. Don't panic/sit down.
2. Roll up a clean cloth or handkerchief, place over the socket and bite down hard for 15 to 20 minutes.
3. Remove cloth/handkerchief and the bleeding should have stopped, if not repeat for another 15 to 20 minutes.
4. If bleeding still persists, contact the Oral & Facial Surgery Department.
5. Use icepacks if swelling occurs.
6. For a few days after your surgical procedure, you may notice blood on your pillow when you wake up in the morning. This is normal and you may like to use an old towel to protect your pillowcase. You may require up to one week off from work following a surgical procedure. The surgeon completing your treatment will advise you on this.

Monday to Friday 8am to 5pm telephone 01942 822487

Outside the hours stated above telephone the Accident & Emergency Department on 01942 244000.

Pain

Over the counter painkillers can be taken as necessary.

Warfarin

Patients on warfarin will be told by the surgeon carrying out the procedure when to restart taking their medication.

Post- operative Complications

It is unfortunate that in some cases a complication can occur where the blood clot is removed. This is sometimes caused by smoking or rinsing out before the 24 hour recommendation. This is called a 'dry socket'. It is very painful and needs to be reviewed by the Maxillo Facial team to place a sedative dressing in the area where the tooth has been removed.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

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This leaflet is also available in audio, large print, Braille, and other languages upon request.

For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



Phone: 0808 802 1212
Text: 81212
www.veteransgateway.org.uk

