Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Following Dental Surgery

Version number: **7**
Last modified date: **12th November 2026**

Following Dental Surgery

Patient Information

Day Surgery Ward 3, Leigh Infirmary

- Author ID: MW
- Leaflet ref: SW3 008
- Version: 7
- Leaflet title: Following Dental Surgery
- Last review: June 2025
- Expiry Date: June 2027

Welcome to:

Day Surgery

Ward 3

Leigh Infirmary

The Avenue

Leigh

WN7 1HS

Ward 3, 7:30 to 8:30pm, Monday to Friday, telephone 01942 264260 or 01942 264261

This leaflet aims to give you information about your operation and your stay in hospital and advice for when you go home.

If there is anything you are worried about that is not covered in this leaflet, please feel free to speak to a member of staff.

Please inform the dentist at your clinic appointment prior to admission if you are taking aspirin, warfarin, clopidogrel or any other blood thinning medication as this medication increases the risk of bleeding during and after your operation. The dentist will then be able to advise you appropriately.

Admission to Hospital

On arrival at hospital, you will need to book in at the admissions desk, which is situated on the ground floor below Wards 2 and 3. You will then be directed to the ward; here you will meet your nurse and any other members of the team who will be looking after you. The facilities and general routine of the ward will be explained to you.

Getting ready for your operation

You will be asked to put on a theatre gown. Prior to theatre your dental surgeon will see you, you will be asked to sign a consent form if you have not already done so. If you have any questions, please ask. Your surgeon will mark the operation site pre-operatively with a marker pen. If you are having a general anaesthetic your anaesthetist will see you.

(Please note that you will be on a theatre list with several other patients, so please be prepared for a wait).

If you are having a general anaesthetic or sedation

- Follow fasting instructions which will be enclosed within your admissions letter.
- You will need to stay on the ward after your operation for approximately three hours. Your length of stay will depend on how you recover.
- You will need to arrange for an adult to collect you and take you home. You will need to rest. An adult must stay with you for 24 hours after your operation. Do not drive for a minimum of 48 hours.

If you are having a local anaesthetic

You will not be put to sleep. The area will be made numb with an injection.

It is not essential for you to arrange for someone to collect you, but we would advise that you make provisions for this in case you feel you need someone after your procedure.

You will be allowed home after a short period of resting.

On the day of your operation

To prevent bleeding

After removal of a tooth, the blood normally clots in the empty socket. This clot is important in the healing process and care should be taken not to disturb it.

- Take cool drinks only, avoid anything hot. Stay hydrated, drink plenty of cool fluids.
- Eat soft food
- Do not rinse your mouth with water or mouthwash
- Avoid alcohol and smoking
- Avoid excessive exercise. You need to go home and rest.
- Keep away from the surgery area e.g. tongue in socket.
- Use ice packs if swelling occurs.

If bleeding occurs

A small amount of bleeding is to be expected initially after the operation, but if bleeding persists:

- Rest quietly
- Bite on a clean rolled swab/handkerchief applying direct pressure to the tooth socket for 15 to 20 minutes. Remove swab/handkerchief if bleeding has not stopped repeat for another 15 to 20 minutes. If oozing persists after this, contact the Department of Oral & Facial Surgery between 9am to 5pm Monday to Friday, outside these times contact the Accident and Emergency Department. See telephone Numbers at the end of this leaflet.
- 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.

Pain relief - medication

- You should take the painkillers given to you as prescribed. Do not exceed the stated dose.
- If none were issued, take Paracetamol two tablets every four to six hours as required. However, do not take more than eight in 24 hours. If this does not ease your discomfort, seek advice from your GP/pharmacist.
- Avoid aspirin as this can cause bleeding.
- You may be given antibiotics to reduce the risk of infection following your surgery. It is important to complete the course as prescribed.

Warning, the effectiveness of the combined oral contraceptive pill may be reduced when taking antibiotics, please use alternative precautions. Vomiting and diarrhoea can affect the absorption of all oral contraceptive pills, use alternative precautions, seek advice from your GP or Family planning Clinic.

On the day after the operation and continuing for three or four days

- Continue with soft food. Drink plenty of cool fluids.
- Use saltwater mouthwashes after every meal and more frequently if possible. (Mix one teaspoon of salt in a glass of warm water and gently bathe the operation site or socket for several minutes). This will speed up healing, ease any soreness and help keep the mouth clean. Do the mouthwash as often as you can over the next week.
- Continue with pain relief as required.
- Continue with ice packs if swelling occurs.
- Do not hold anything hot against the outside of the face.
- Avoid alcohol and smoking, as this will affect the healing process.
- Brush teeth as usual. Care should be taken around the socket.
- Keep tongue away from the area of surgery.

Pain, swelling, stiffness, pins and needles and bruising should start to settle within three to four days.

You may require up to one week off from work following surgery. Please discuss with your Surgeon.

Any stitches that are within your mouth will be dissolvable and need not be removed.

A review appointment is generally not necessary. If, however you have concerns about your symptoms or questions relating to your treatment.

Please contact us. We are available on the following telephone numbers:

The department of Oral & Facial Surgery

Royal Albert Edward Infirmary from 9am until 5pm Telephone 01942 822487

At other times please ring the following number, stating that you have been treated by the Department of Oral & Facial Surgery.

Accident & Emergency Department, Royal Albert Edward Infirmary Call 01942 244000

Walk-in-centre Leigh Infirmary between 7am and 9pm Call 01942 483453



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