



Oral Surgery

For Bleeding

Roll up a cotton handkerchief, wet it, and bite firmly to apply pressure to the area for 30 minutes.

If more persistent bleeding occurs, contact the practice. If this occurs outside practice hours, please telephone the Gunning Dental where you will find all the details for our out-of-hours service or contact the Emergency Dental Service on 111.

For Painrelief

Use Ibuprofen. Take two 200mg tablets (400mg) after food, three times daily.

Please do not take these if you suffer from asthma or a stomach ulcer. (Do not take Ibuprofen on an empty stomach.)

If necessary, in severe pain, you may take two - 12 - 500mg Paracetamol tablets in between the Ibuprofen tablets. This would mean you are taking pain relief approximately every three hours.

Local Anaesthetic

For the extraction of lower teeth, normal sensation to the side of the tongue and the lower lip should return within 12 hours. If this has not returned within 12 hours please contact the practice immediately for advice

After your surgery

The first 2 hours:

- Relax
- Smoking can result in severe infections after your procedure, which, in some cases, may lead to admission to hospital and further surgery. Do not smoke for at least three days following surgery.
- Do not drink Alcohol
- Try not to eat or drink (except sips of water)
- If mild bleeding occurs, roll up a cotton handkerchief and wet it. Put in place and bite firmly for 30 mins.
- You may notice swelling and bruising in face (usually worst after 48 hours). To manage swelling use a cold compress (or frozen peas in a tea towel), keep them placed in the area you have had surgery for approximately 20 minutes of every hour for the next few hours
- Do not explore surgery with tongue or finger.

After 2 hours:

- Eat and drink as normal or when is comfortable to eat

First 3 days:

- Relax
- Do not Smoke
- Do not drink Alcohol
- Bruising maybe worst after 48 hours. It is not unusual for the bruising to pass to neck or chest.
- Begin hot salt water mouthwashes (1 cup of cooled boiled water and 1tsp salt water) This should be done 4 times a day or when needed.

1st week:

- Normal to feel discomfort in the first week (2 weeks in smokers)
- You may have difficulty opening you mouth up to 1 week.