

Care of the mouth after dental extractions under local anaesthetic

Department of Maxillofacial Surgery

How can I keep it clean?

Do not rinse your mouth out for the rest of the day or you will dislodge the blood clot from the socket, which can cause pain and bleeding.

The following day you should rinse your mouth with a teaspoon of salt in a glass of warm, pre boiled kettle water. Repeat this three times a day after meals for 3-4 days.

You can clean your teeth as normal, but to be careful around the socket as this area is likely to be sore for a few days.

Will it bleed?

If you have bleeding, roll up some gauze and apply firm pressure for at least 20 minutes. Repeat if necessary. If the bleeding does not stop after 40 minutes of applying firm pressure – please contact the oral and maxillofacial surgery department on the numbers below.

Will I be in pain?

Pain afterwards is normal, although varies between patients. The doctor may have prescribed you with painkillers following your procedure. Please take them as prescribed. If not, mild painkillers such as Ibuprofen or paracetamol are usually adequate for controlling post-operative pain. You can get these without prescription from your pharmacy. **Please check that these medications are suitable for you with the chemist.**

Will I be swollen?

There is often some swelling which is usually at its worst about 48 hours after the procedure. It can last for a week or so.

Can I eat?

You will be numb after the procedure from the local anaesthetic so soft and bland foods are advisable for the first 12 hours. Avoid eating anything hot until the numbness has worn away.

Can I smoke / drink alcohol?

Try not to smoke for at least 72 hours, as smoking will delay healing and may interfere with blood formation and increase the risk of post-operative infection. It is advisable not to drink any alcohol for 24 hours after the operation

Will I have stitches and do I need to come back to have them taken out?

If you have stitches put in these are usually dissolvable, but this can take anything up to a couple of weeks. If they are not dissolvable, you will be informed.

Numbness of lower lip, chin and tongue

Following the dental extractions, you will be numb. If you have had extraction of lower wisdom teeth part of your lower lip, chin and tongue will be numb. This can last quite a few hours and even longer.

You will not routinely be given a review appointment so If the numbness continues for a week or more, please contact the oral and maxillofacial surgery department on the number below for an urgent appointment.

If you have any problems or are worried at anytime,
please do not hesitate to contact us,
on **01444 441881 extension 8308** (Princess Royal Hospital)
or **01273 696955 extension 4067** (Royal Sussex County Hospital).

Out of hours please call **01273 696955** and ask for the Maxillofacial Senior House Officer (Doctor) on call. A doctor is available 24 hours a day. Please have your patient reference number to hand.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمی‌فهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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