

## POST-OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY

1. **Avoid** cycling or excessive exercise for several hours. Ideally rest by sitting in a chair and use an extra pillow for the first night's sleep.
2. **Do not** drink any alcohol or smoke for **at least the first 24 hours**.
3. Take any pain-killing medications that you normally take for a headache. Follow instructions regarding dosage carefully.  
**Do not** take Aspirin, **unless** your doctor has prescribed this.
4. You may feel the sharp edge of the socket with your tongue and occasionally small fragments of bone may work their way out. **This is normal**.
5. We recommend a soft diet for the rest of the day, eating on the opposite side if possible. Avoid anything hot.
6. It will ooze a little bit of blood over the next 2-3 days. **Do not worry**. Either swallow it, or spit it out **very gently**.
7. If excessive bleeding occurs:
  - Roll some clean kitchen roll or a handkerchief, and bite firmly on to it, for at least half an hour.
  - Avoid lying down.
  - After half an hour, inspect the socket, cleaning with a new roll if necessary.
  - If your efforts are unsuccessful after an hour, contact the surgery and arrange to see the dentist
  - If the surgery is closed, visit your nearest emergency dental centre or A&E department
8. **Do not** rinse your mouth out with anything today.
9. **On the following day**, rinse with some warm salt-water (add a level teaspoon of salt to a cup of warm water) 3-4 times a day, especially after you have eaten. Continue this for a week.  
You may use mouthwash as an alternative if you wish.
10. **It is not unusual to experience some swelling, bruising, pain, discomfort or pain for about two weeks following the procedure**.  
However, if you are worried, contact your dentist.