



## Post Surgical Extraction Advice

You will need to look after yourself carefully after you have had a surgical procedure. As with any surgery, you will need time to heal. This advice leaflet is to help you know what to expect and what to do as your body recovers.

### After the surgical procedure -

- After the procedure, it is a good idea to have a relaxing few days planned as you may experience some swelling and bruising.
- It is normal to feel tired and lethargic after the appointment; you need to remember you have had surgery and your body is using energy to heal itself.
- Everyone is different, but recovery after a surgical procedure can take up to 7 days.
- A course of anti-inflammatory painkillers is recommended to help reduce any swelling.
- Antibiotics may be prescribed. If so, you will need to complete the course.
- For the first 24 hours, try not to disturb the area by touching the hole or site with your tongue, finger or other objects, as this may cause it to start bleeding again.
- It is important to avoid strenuous activity and exercise for the next week.
- The area will be healing for the next 8 weeks. To help prevent the risk of infection, we advise you not to smoke during this healing period.

### Pain relief -

- You are likely to experience pain for the first 48 hours, although your mouth may well be sore for 7 days after the surgery.
- Local anaesthetic injections given during the procedure ensure that you have no pain for the first 3 to 4 hours after surgery. Once the anaesthetic wears off, you need to take the painkillers advised.
- Ibuprofen is recommended as it is an anti-inflammatory. If you can take Ibuprofen, we recommend the 400mg tablets. One tablet can be taken every 8 hours (exceeding no more than 3 tablets in a 24-hour period).
- If you are still experiencing pain, Paracetamol can be taken in conjunction with Ibuprofen. When these two painkillers are taken together, they enhance the effect of each other because they work in different ways.
- We recommend 500mg tablets of Paracetamol. Up to 2 tablets can be taken every 6 hours (exceeding no more than 8 tablets in a 24 period).
- If you are unable to take Ibuprofen, we recommend you only use Paracetamol.

### Antibiotics -

- Antibiotics are only prescribed if any bone is removed during the procedure. These will help reduce the risk of any infection.

### Swelling and bruising -

- Swelling and bruising is a normal occurrence after surgery. Swelling (inflammation) around your mouth and cheeks will be worse for the first few days but will gradually improve.
- You can reduce possible swelling/bruising by applying an ice pack to your face on the surgical area. Intermittent application is most effective (i.e. 20 minutes on and 20 minutes off). Bruising to the skin of the face may also occur.



### Jaw stiffness –

- You may have difficulty opening your mouth and experience pain or stiffness of the jaw joint. This will normally disappear after a few days but can occasionally last for up to 10 days.
- If you experience jaw stiffness, you will need to eat a softer diet and cut up your food smaller for the first week.

### Stiches –

- Dissolvable stiches may be placed after the procedure. These will dissolve in 10 to 14 days.

### Oral hygiene instructions –

- Do not rinse your mouth for 24 hours after the extraction.
- After 24 hours, rinse very gently with warm salty water. Continue to do this for at least 1 week after meals and before bed as this will help to keep the area clean. Use half a teaspoon of salt in a glass of warm water.
- Brush your teeth normally, going carefully around the surgical area, with toothpaste to keep the whole mouth clean.

### Complications –

- Infections can present as intense and persistent pain occurring 3 to 5 days after the initial pain has subsided. If this occurs, contact the practice and we will see you as soon as possible.
- Nerve injury is not common and is normally caused by bruising of the nerve(s). Injury of the nerve carries the risk of a changing of sensation affecting the lower lip, chin or tongue on left / right side (this is temporary in 3% of patients and permanent in 0.3% of patients).

**If you have any worries or concerns regarding the surgical procedure,  
please contact the practice on 01453 764287.**