

Post-operative instructions

Pain

- There should be no pain immediately after the treatment due to the local anaesthetic used. This should last for 3-4 hours before sensation returns slowly so be careful to avoid biting the lip or tongue during this time.
- Pain tends to be worse on the 2nd or 3rd day but gradually improves over a period of 7-10 days.
- Simple painkillers such as Paracetamol, Ibuprofen or Codydramol may be taken to control any pain.
- If there is a sudden increase in pain after a few days, there may be an infection and you should contact the clinic to make an appointment.

Swelling

- Swelling is common after surgery and it may increase for up to 2 to 3 days after the surgery. The swelling should resolve 7-10 days after the surgery.
- Bruising of the face may occur and this can take up to 2 weeks to resolve.

Bleeding

- There should be very little bleeding by the time you leave the Clinic, but you may notice blood- stained saliva for 24-48 hours after your treatment.
- It is important that you do not rinse your mouth on the first day as this may disturb the blood clot and cause bleeding.
- If persistent bleeding occurs, roll up a piece of the gauze given to you at the Clinic, place it over the wound and bite firmly on it for at least 15 minutes.

Oral Hygiene

- On the day after your treatment, rinse your mouth with salted water - the water should be as warm as possible with teaspoon of salt added to it. Hold the water in your mouth for a few minutes before spitting out. Repeat 4 times daily. This will help with healing of the area.
- Clean your teeth with gentle toothbrushing if possible or a Chlorhexidine mouthwash such as Corsodyl will help to reduce plaque if tooth brushing is difficult.

Diet

Opening your mouth wide for the first week after your treatment may be difficult, but eating semi- solid food should be possible. Use your own discretion and gradually start eating normally according to how you feel.

Stitches

If you have been given stitches (sutures), these should dissolve and drop out after 7-10 days.

Medication

Antibiotics after the treatment may be required in some cases and if so, they will be prescribed and advice given.

Time off Work

This will depend on your profession and the amount of surgery, but you should not drive or operate heavy machinery immediately after you have had sedation.

Reviews and Emergency Contact

Your review appointment will usually be 7-10 days after your treatment, but should you require emergency advice, please call the Clinic immediately.