



OXFORDSHIRE  
COMMUNITY  
DENTAL  
SERVICE



Oxford Health  
NHS Foundation Trust



Oxfordshire Community Dental Service

# Care of the mouth after a surgical procedure

Going the extra mile to make Oxfordshire smile

## Local anaesthetic

The local anaesthetic used during the procedure may take a few hours to wear off. The anaesthetic will affect the gum close to the tooth but may also cause numbness of the lip, chin or tongue. Take care not to bite your lip or tongue whilst they are numb.

You may eat as normal but be careful that food and drink are not too hot that they burn the numb areas, or disturb the surgical area.

Avoid sharp or crunchy foods for two to three days, as these will also disturb healing and may cause bleeding.

## Bleeding

It is normal for there to be some oozing from the socket or surgical area after a procedure. Your saliva may be pink-stained for a few days. To prevent further bleeding you should return home after the procedure and rest, sitting with your feet up. If the bleeding persists, apply pressure on the area either using the pack you have been given or a clean, knotted handkerchief. Dampen these before use.

## Pain relief

It is normal to require pain killers for anything up to two weeks after surgery. Paracetamol or ibuprofen-based preparations should be used if able.

Please check what is suitable for you with a pharmacist or chemist.

Aspirin should be avoided as it may increase the bleeding.

**However, if you already take aspirin regularly, do not stop.**

## Today

Do not rinse your mouth or spit out as this can disturb the healing socket. You should brush your teeth as normal, but extra care should be taken around the extraction site.

## Tomorrow

Dissolve a teaspoon of salt in a little warm water and then begin bathing the area, hold the solution over the area for a minute. This should be carried out as often as possible, or at least after every meal and continued for 10 days.

## Smoking and alcohol

Smoking greatly increases the risk of infection and slows the healing process. It also increases the chance of bone infection. This is an extremely painful condition, which can prove difficult to treat.

You should not smoke after the procedure for as long as possible, and ideally not for the next few days.

Alcohol should be avoided for 24 hours as it may increase bleeding.

## Stitches or sutures

Stitches dissolve in seven to 10 days. If still present after this time then rub the area gently with toothpaste. This will encourage the stitches to dissolve. Do not worry if the stitch comes out early, but if the gum gapes or begins bleeding again contact the clinic.

## For further advice contact:

- The clinic where you had your treatment.
- Out-of-hours emergency dental clinic on 111 - evenings and weekends (including bank holidays).

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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For more information or to download leaflets please go to the website below.

Oxfordshire Community Dental Service  
Oxford Health NHS Foundation Trust  
Astral House  
Granville Way  
Bicester  
Oxfordshire  
OX26 4JT

Telephone 01865 904040  
Email [Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)  
Website [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)