



Oxfordshire Community Dental Service

Mouth care after surgery

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After your tooth is removed

- i** It may take a few days to recover after you have had a tooth removed.
- i** The anaesthetic medicine that was used to stop you having pain will start to wear off in 2-3 hours.
- i** Take pain medicine such as paracetamol or ibuprofen, if you can. Follow the instructions on the packet or ask your pharmacist for help.
- i** Take your pain medicine an hour after your tooth is taken out before the anaesthetic wears off.
- i** Anaesthetic can make your lip, chin and/or tongue feel numb. Try not to bite your lip.
- i** To make you feel comfortable you can sleep with an extra pillow. Put a towel on your pillow for the first night.
- i** The pain should get better after a few days. If your pain suddenly increases after a few days, speak to your dentist.

Bleeding

Do not poke your wound with your finger or tongue as this can cause bleeding.

If your wound starts to bleed use the pack on it that the dentist gave you.

Bite down on the pack for 15 minutes to stop the bleeding.

If bleeding continues speak to your dentist or call NHS 111 out of hours.

Brushing and cleaning your teeth

Brush your teeth as normal. Be gentle around the wound.

Do not rinse your mouth or spit out for 24 hours as this can cause more bleeding.

Brush your teeth twice a day, once before bed and at one other time. Wipe away excess toothpaste.

Brush for 2 minutes using a family fluoride toothpaste.

Mouth rinsing

On the day after your surgery start to rinse your mouth with warm salted water.

Mix 1 level teaspoon of table salt into 1 glass of warm water.

Rinse your mouth with this solution up to 4 times a day and after eating.

Try to keep the solution in your mouth over the wound for 1 minute. This helps it to heal and cleans it.

Continue with mouth rinsing for 7 days.

Food

Avoid very hot, cold, spicy, sharp or crunchy foods in the first 2-3 days.

- ✓ Avoid alcohol as this can cause bleeding.
- ✓ You can have a warm drink and food 1 hour after your tooth is removed but check the temperature to ensure it's not too hot.
- ✓ Avoid small foods such as rice and sweetcorn as they can get stuck in the socket.

Smoking

Do not smoke for a few days after your tooth is removed. Smoking can cause infection and slow down healing.

If you need more support to stop smoking, please visit:
www.nhs.uk/better-health/quit-smoking

Rest

Rest on the day of your surgery.

Avoid lots of physical activity.

If your pain suddenly increases or you start to feel unwell or hot speak to your dentist or GP.

Stitches and healing

Stitches usually dissolve in 7-10 days.

If they are still there after 10 days, gently rub some toothpaste on them.

If the gum gapes or starts to bleed, speak to your dentist.

If you have any questions or worry, speak to your dentist.

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Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/cds

If you need the information in another language or format, please contact us.

Get in touch

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Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone	0800 328 7971
Email	PALS@oxfordhealth.nhs.uk