

# Fylde Dental Clinic

Private Dental Health Services

## POST-OPERATIVE INSTRUCTIONS

- **DO NOT DISTURB THE WOUND:** In doing so you may cause irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc. ).
- **DO NOT SMOKE FOR 24 HOURS: OR DRINK ALCOHOL FOR 24 HOURS:** Smoking will promote bleeding and interfere with healing, and alcohol may encourage continued bleeding
- **BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After, you may brush your teeth gently, but avoid the area of surgery.
- **MOUTH WASH:** Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called dry socket may occur. You may use warm salt water or mild antiseptic rinses after 24 hours *only if prescribed.*
- **DO NOT SPIT OR SUCK THROUGH A STRAW:** This will promote bleeding and may dislodge the blood clot causing a dry socket.
- **BLEEDING:** When you leave the surgery, you will be given verbal instructions regarding the control of post-operative bleeding. It is normal for some blood to ooze from the area of surgery. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Should you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place, by biting or with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid , a styptic, which may help to reduce the bleeding. If bleeding continues contact the surgery on: 01253 714581
- **PAIN:** Some discomfort is normal after surgery. Analgesic tablets ( i.e. Paracetamol . ) may be taken under your dentist's direction. If pain continues, call your dentist.
- **SWELLING:** To prevent swelling, apply an ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.
- **EXERCISE AND WORK:** You should be able to return to work the following day. Do not take vigorous exercise for the remainder of the day as this may encourage further bleeding