

Dentures

Your dentist may provide dentures to be fitted. The surgical team will attempt to fit them if possible. Any adjustments will need to be performed by your dentist. Follow these steps for care of your denture after surgery:

- It is suggested you wear your dentures full time for the first 48 hours to protect the wounds.
- After this remove nightly, following the instructions given by your dentist.

For further advice or assistance contact the Day Surgery Unit Monday to Friday 8am-8pm on 01803 654055. Alternatively contact the switchboard on 01803 654567. Ask for the Maxillofacial SHO on call.

Contact details

 TorbayAndSouthDevonFT

 @TorbaySDevonNHS

www.torbayandsouthdevon.nhs.uk/

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

Surgical Extractions – Post Operative Advice for Day Surgery Patients

Day Surgery Unit
Torbay and South Devon NHS
Foundation Trust

Advice After Having a Tooth Extracted

The First 24 hours

After a tooth has been extracted the socket will bleed for a short time until a blood clot forms. This can be easily disturbed causing bleeding. Follow these simple steps.

- Do not rinse your mouth out on the day of surgery.
- Do not disturb the clot by playing with the socket with your fingers or tongue.
- Eat soft foods which avoid the need for chewing.
- Avoid chewing on the affected side.
- Avoid HOT drinks or alcoholic beverages.
- There should be no pain for anywhere between 1&1/2 - 4 hours after surgery as you will have been given local anaesthetic during your operation. Painkillers given to you on discharge should control the pain once sensation returns.

Bleeding

If the socket continues to bleed roll up a gauze and place it over the bleeding site, biting firmly for 15-20 minutes. Blood stained saliva is expected for 24-48 hours. If you cannot stop the bleeding seek advice by contacting the Oral and Maxillofacial Surgery team.

Caring for your mouth after 24 hours

The next day keep your mouth clean by rinsing with warm salty mouth rinses.

- Dissolve 1-2 teaspoons of salt in a small glass of hot water and let it cool.
- Bathe the affected side for 30 seconds, repeating several times to finish off the glass.
- Repeat 3 to 4 times a day for up to a week. Rinsing after mealtimes is encouraged.
- Brush your teeth as normal taking care to brush gently around the affected area.

Alternatively you can purchase and rinse with Chlorhexidine (Corsodyl) 0.2% oral rinse 15ml four times a day.

What to Expect After Your Surgery

- Pain, discomfort, swelling, and bruising is common.
- Pain and swelling tend to be worse on the 2nd or 3rd day.
- If you have stitches these are likely to be dissolving and will fall out between 1-3 weeks, but can take longer.
- Sometimes antibiotics will be required, which will be prescribed on discharge. Take as directed completing the course.
- Eat soft or semi-solid food as required until you can eat normally.
- If a follow-up is needed an appointment will be made for around 2 weeks after surgery.
- If you experience increasing pain not controlled by painkillers, swelling, fever, flu-like symptoms, or pus after 48 hours seek medical advice.