

**Post-Operative Instructions**  
**Half Moon Dental Centre 020 7733 0011**  
**Out of Hours Emergency 020 8676 7411 NHS Direct 0845 4647**

- The patient must be accompanied home and supervised by a responsible adult for at least two hours following surgery.
- Rest is recommended for the remainder of the day.
- Normal activities may be resumed the following day as tolerated.

### **Restrictions**

These instructions only apply if you have been given intravenous sedation.

- No alcohol consumption or driving for 24 hours.
- Do not sign any important documents for 24 hours following the sedation, as your memory of facts may be impaired. Do not wear contact lenses for 24 hours following surgery.
- No breast-feeding for 12 hours after sedation.
- All surgical patients should not smoke, rinse or spit for 24 hours.

### **Bleeding**

- Gauze should be placed over the extraction site and pressure applied by biting down.
- To prepare the gauze, moisten it with tap water, roll it up, fold it over, and place over the surgical site.
- Keep gauze packs in place for three to four hours or until bleeding subsides, changing at one-hour intervals as needed.
- Minimal bleeding is expected.
- If bleeding has not decreased in two to three hours following these instructions, bite on a dampened tea bag placed directly over the surgical site. The tannic acid in the tea helps blood clot.
- If you have any concerns about your bleeding please consult our surgery.

### **Swelling**

- Apply ice to jaws for 20 minutes on/20 minutes off, for four to six hours.
- The ice packs provided to you are ice filled zip-lock bags.
- Replace ice in the bag as needed, wrapping a towel or cloth around it.
- Maximum swelling is expected within 36-48 hours and may last for several days.
- Ice after 24 hours is not beneficial.
- If the swelling is significant you may use moist heat compresses to help reduce it. The less swelling, the less pain.

### **Medications**

- Post-operative pain will be the most severe the first day after surgery.
- Take prescribed medications as directed or use paracetamol, ibuprofen, or aspirin for mild to moderate discomfort.
- It is beneficial to take your pain medication before your numbness wears off.
- Pain medication should be taken with food or milk products.

### **Diet**

- Follow an adequate diet to heal as quickly as possible.
- Patients who have been sedated are advised to begin with clear liquids, then progress to full liquids (milk products such as milkshakes or creamed soups) until the feeling returns, then advance to a soft to normal diet as tolerated.
- Be aware that at first hot temperatures are not felt due to numbness.

### **Oral Hygiene**

- Do not rinse or spit for 24 hours after surgery.
- The day following surgery brush your teeth and rinse with warm salt water (1/2 teaspoonful of salt dissolved in a glass of water) after each meal and as needed.
- Dissolvable sutures may loosen with brushing and minimal bleeding may occur.

### **Sinus Precautions**

If the sinus is entered during surgery, please follow the instructions below:

- No nose blowing for one week.
- Do not blow a wind instrument for one week.

### **Special Considerations**

- Trismus (stiffness) of the muscles may cause difficulty in opening your mouth for a period of days. Antiinflammatory medications and moist heat compresses to the jaw(s) can minimize this condition.
- You may experience aching of your other teeth. This discomfort is caused by referred pain and is a temporary condition.