

V/ERMILION

**Patient
Instructions
Following
Oral Surgery**

Day of Surgery /

- Rest
- Avoid hot drinks or hot food until the numbness wears off
- Swallow any blood-tinged saliva
- If it bleeds more actively, take a moist swab or napkin, roll it into a sausage shape and bite firmly on this for 10 minutes
- Apply ice packs intermittently to cheeks to reduce swelling
- Use an extra pillow tonight
- Avoid mouth washing for 24 hours

Painkillers /

- Ibuprofen (400mg) three times a day with food + two Paracetamol (500mg) three times a day - alternate three hourly
- Usually, after two days, the painkillers can be reduced

Following Days /

- Brush your teeth twice daily, avoiding the surgical site
- After 24 hours, start mouth washing, gently, with chlorhexidine / warm salty water twice daily for two minutes for seven days
- Avoid smoking as it delays healing
- Your stitches will dissolve or fall out in about 14 days

Denture Advice /

Wear your denture day and night for the first three days, just removing it to mouthwash and clean. Thereafter, take your denture out at bedtime for the first month. When not in use, keep your denture in a glass of water.

Emergency Out of Hours Contact /

If you need to speak to someone out with clinic opening times, please call **0131 334 1802** (Edinburgh) or **01573 407 007** (Kelso) to hear the automated message with contact details for the dentist on call.