



**Dr. Ciara Mulvihill, Specialist Oral Surgeon**

**Post-operative instructions following the surgical extraction of teeth or biopsy procedures**

**Information for patients**

**Pain:**

You should expect some pain following your surgery. Patients, who have had a surgical procedure, experience different intensities of pain and pain for different lengths of time. Pain (which may also include jaw stiffness) usually lasts for 2-3 days, but can last for 7-10 days. Pain can be controlled with pain medication. Pain may worsen on the second or third days after the extraction, but should begin to improve after that.

The following is recommended for pain relief provided there is no contraindication:

**Paracetamol Take 1g (500mg x 2 tablets) every 4-6 hours with a maximum of 4g in 24 hours**

together with

**Ibuprofen Take 400mg (200mg x 2 tablets) every 4-6 hours with a maximum of 1.2g in 24 hours**

Take with food

(If you have asthma or stomach problems please discuss this with the clinician)

Many painkilling drugs are sold under a variety of brand names, so make sure to read the contents of each drug carefully.

**Cleaning and Rinsing:**

Do not rinse your mouth on the day of the surgery, this removes the clot which is the healing tissue. From the day after surgery, you should brush your teeth gently, being careful not to touch the socket area (ensure you clean teeth on either side of the socket).

From the day after surgery, repeat warm salt water rinses at least 3 times per day (1/4 teaspoon of salt into a cup of warm water), especially after meals. For the next week, you should rinse your mouth gently with chlorohexidine-containing mouthwash (Corsodyl/Kin mouthwash) once per day. Brush your teeth BEFORE using this rinse.

**Bleeding**

Fold a piece of the gauze you have been given into a pad about the thickness of your finger, dampen it with warm water, place it directly over the socket and bite on it for twenty minutes (to apply compression). Repeat if necessary. If you have no gauze, use a dampened clean, cotton handkerchief or a tea bag.

**Eating & Drinking**

A soft diet is advisable but eat whatever you can tolerate. Continue to take cold or tepid fluids. Do not drink alcohol for at least 2 days.



### **Smoking**

You should not smoke for a MINIMUM of 48 hours after surgery.

### **Swelling / bruising**

Some swelling / bruising is to be expected after the extraction and may take up to ten days to fully disappear. The application of ice packs during the first 24 hours may reduce swelling.

### **Stitches**

If you have stitches in your mouth, do not touch them. Stitches are dissolvable (unless you are told otherwise) and most will fall out themselves after 14 days. If they are causing a problem contact the clinic.

### **Local Anaesthetic**

This type of anaesthetic will leave your mouth numb for up to four hours. Be careful not to bite or burn your mouth if you have food during this time.

### **Sedation**

Avoid the following for 24 hours: Driving a motorised vehicle or cycling a bicycle, operating any type of machinery, using the internet for buying goods, signing legal documents etc as your ability to make decisions and judgements may be impaired.

### **Exercise.**

Exercise or heavy lifting is not advised for 48 hours post procedure.

### **Emergency:**

For any queries including questions regarding pain relief or if you feel you have a dry socket, these queries should be addressed to the appropriate clinic Dental House : 01 - 537 8045.

In the event of an emergency i.e.

1. heavy severe bleeding which is not stopping.
2. a large swelling which is increasing in size.
3. difficulty breathing.
4. difficulty talking and swallowing.

Dr Mulvihill can be contacted at [cmoralsurgery.ie](http://cmoralsurgery.ie) or visit [www.cmoralsurgery.ie](http://www.cmoralsurgery.ie)