

Patient information

Instructions following removal of teeth

What should I do when I get home?

- To help reduce the swelling, apply a covered ice pack or a cold towel to the outside of your face in the area of the extraction during the first 12 hours.
- You may require some painkillers. Take these as instructed and regularly for the first three days and then as required.

DO

- Keep the extraction site as clean as possible.
- When resting, keep your head raised above the level of your heart.
- Have only lukewarm liquids and soft food for the rest of the day and do not suck through a straw or you may dislodge the clot.
- Starting the following day rinse your mouth with a warm, salty mouthwash, consisting of 1 teaspoonful of salt dissolved in a glass of hot water. Used frequently this can promote healing and prevent infection.
- If bleeding starts after you get home, sit down and apply firm pressure over the area for at least 20 minutes by biting firmly on a rolled-up swab or clean handkerchief. If bleeding persists, contact the maxillofacial department or if out of hours the Accident and Emergency department for further advice.
- If you are prescribed any medication by the doctors do take the full course as instructed.

DON'T

- Do not brush your teeth for the first 8 hours after surgery. After this, you must brush your teeth as normal, being very careful around the area of surgery.
- Avoid eating and hot drinks while your lips and tongue are numb, or you may accidentally bite or burn them.
- Avoid smoking for 72 hours following surgery as this can cause infection or pain. We recommend that you use a nicotine patch during this period.
- Do not drink alcohol for the remainder of the day as this could induce bleeding.
- Avoid strenuous exercise for the first few days as this may initiate bleeding.
- Do not rinse your mouth for the rest of the day.

Antibiotics:

- If prescribed take the complete course as instructed. If you have any adverse effects, stop taking them and contact your GP or the MFU department who will be pleased to help.
- If you are taking the Oral contraceptive pill, any antibiotics may reduce the effectiveness and you should use an additional form of contraception for the remainder of the cycle

Will I have to come back to hospital?

Most patients do not need to come back to the hospital for a follow-up appointment.

When can I return to work/college?

It depends on the person, the type of procedure and the type of job or study you do. Most people need at least two days off. It is important to remember you will not be able to drive or operate machinery for 48 hours after having a general anaesthetic.

If you have any serious concerns following discharge after your operation please contact:

The Maxillofacial Unit via switchboard at either
Conquest Hospital Tel: 0300 131 4500 ext: 773207 or
Eastbourne District General Hospital Tel: 0300 131 4500 ext: 771756.
Out of hours go to your nearest Emergency Department (A&E).

Important information

Please remember that this leaflet is intended as general information only. It is not definitive. We aim to make the information as up to date and accurate as possible, but please be warned that it is always subject to change. Please, therefore, always check specific advice on the procedure or any concerns you may have with your doctor.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Mr C. J. Surwald - Maxillofacial Consultant.
Mr M. Shastri - Maxillofacial Consultant.

The directorate group that has agreed this patient information leaflet:
Diagnosis, Anaesthetic and Surgery - Outpatients

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