

Patient information

Aftercare for Extractions and Dental Surgery Discharge Summary

Liverpool University Dental Hospital

Date:

Procedure:

Postoperative Prescription (if any):

Name of Surgeon:

Consultant / Associate Specialist:

Aftercare advice

Do:

- Start warm salty mouthwashes after 24 hours (one teaspoon-full of salt in a beaker full of warm water), use as often as possible particularly after meals. Continue for at least five days.
- Start normal toothbrushing after 24 hours unless otherwise directed by the dentist.
- Bite on a clean cotton handkerchief (not tissue) if bleeding occurs.
- Take painkillers if required. Paracetamol or Ibuprofen are usually effective but do not exceed the recommended dose. Aspirin is best avoided and Ibuprofen should not be taken if you are asthmatic or have a stomach ulcer.
- Take it easy for the rest of the day.

Do not:

- Mouth rinse for the first 24 hours.
- Take alcohol or smoke for the rest of the day.
- Have food or drink for the first couple of hours afterwards.
- Eat hard foods for 24 hours.
- Bite your lips or tongue if they are numb.

Further information

- Remember that there is often some swelling after a dental operation and there can be difficulty in opening the mouth for a few days.
- If the socket or surgical site fails to heal properly, or the postoperative pain is severe and is failing to settle after the first 48 hours please contact the department on the telephone number below.
- **If the socket or site continues to bleed after 30 minutes of biting on a clean cotton handkerchief please contact the department (Monday to Friday day time) or the Emergency Department (A&E) of your local hospital.**
- **Emergency Contact telephone number Monday to Friday 9.00 am to 4.30 pm**
Tel: 0151 706 5061
Textphone Number: 18001 0151 706 5061

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Oral Surgery Department

Tel: 0151 706 5253

Text phone Number: 18001 0151 706 5253

Author: Oral Surgery Department

Review date: March 2026

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراسته‌وه پسمند کراون، نه‌گر داوا بکرنیت له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دهنگ، هیلای موون و ئلئیکترؤنیککی هه‌یه.

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