

## Patient information

### **Aftercare for Extractions and Oral Surgery under General Anaesthetic**

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). These should be used as often as possible and particularly after meals. Continue for at least five days. Normal toothbrushing can usually be started after 24 hours unless otherwise directed by the Dentist.
- Bite on a piece of clean cotton i.e. handkerchief, flannel etc. (not tissue) if bleeding occurs.
- If the bleeding is not controlled after 30 minutes, after the second attempt contact the Dental Hospital (Monday to Friday daytime) on Tel: 0151 706 2000 extension 5012, or the Emergency Department (A&E Department) of your local hospital.
- 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 if you have a stomach ulcer.
- Take it easy for the rest of the day.
- Remember that there is often some swelling after a dental operation and there may be difficulty in opening the mouth. Your saliva may be pink for 24 hours.
- Have a soft diet for a few days.

**Do Not:**

- Mouth rinse or spit out for the first 24 hours.
- 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. While they are numb do not have any hot food or drinks.

**For at least the next 24 hours you should:**

- Rest at home and be looked after by a responsible adult.
- **Not** drive any vehicle including a bicycle.
- **Not** work any machinery including cookers and fires.
- **Not** make important decisions.
- **Not** sign any legal or important documents.
- **Not** drink alcohol or smoke.
- **Not** be in sole charge of young children or anyone else you may usually care for.

**Contact your GP urgently if you develop a cough or other problems with your breathing or chest.**

**Pain relief given**

Name	Strength	Time given	Next due

Sometimes the surgical site/extraction socket fails to heal properly and a dull toothache persists. On occasion the surgical site/socket is better treated with a local dressing and this helps with pain control. If the pain is severe or fails to settle after the first 48 hours we suggest you contact the Theatre Department.

**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

### General Anaesthesia Department and Dental Theatres Liverpool University Dental Hospital

Tel: 0151 706 2000 Ext 5012

Text phone number: 18001 0151 706 2000 Ext 5012

### NHS 111 Service

Tel: 111

### Or your local A&E Department

Author: Liverpool University Dental Hospital

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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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