

Patient information

Special Care Dentistry under General Anaesthesia Aftercare Instructions

Liverpool University Dental Hospital

ID Label

Date

Procedure

Postoperative Prescription (if any)

Name of Surgeon

Name of Consultant in Charge

General Aftercare Advice

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** go outside your home without a responsible adult accompanying you.
- **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 family doctor (GP) urgently if you develop a cough or other problems with your breathing or chest.

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 hot drinks.

If you have had dental extractions:

Do:

- Start hot salty mouthwashes after 24 hours (one teaspoon full of salt in a beaker full of warm water). These should be used 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 clean cotton handkerchief (not tissue) if bleeding occurs.
- If the bleeding is not controlled after 30 minutes then contact the Dental Hospital (Monday to Friday daytime)
Tel: 0151 706 2000 extension 5012
Text phone number: 18001 0151 706 2000 Extension 5012,
Out of hours follow the advice below.
- Take painkillers if required. Paracetamol or Ibuprofen are usually effective but do not exceed the recommended dose. Aspirin is best avoided.
- 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 blood-stained for 24 hours.
- Have a soft diet for a few days.

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.

Pain relief given

Name	Strength	Time given	Next due

Access to Emergency advice

Liverpool University Dental Hospital is open 9am to 5pm on weekdays (excluding public holidays). If you have problems outside of these times e.g. severe pain, not relieved by pain killers, mild post-operative bleeding or facial swelling please contact the dental urgent care line on

Tel: 0161 476 9651

Text phone number: 18001 0161 476 9651

If you have problems with uncontrolled bleeding, severe facial swelling or feel systemically unwell following dental treatment please contact your local Emergency Department (A+E) for advice.

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

Special Care Dentistry Department

Tel: 0151 706 5530

Text phone number: 18001 0151 706 5530

Author: Special Care Dentistry

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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