

Patient information

Aftercare for Extractions and Dental Surgery

Special Care Dentistry - Liverpool University Dental Hospital

Aftercare Advice:

Do:

- Start hot 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 tooth brushing 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**

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 painkillers, 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

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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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