

University Dental Hospital of Manchester  
Department of Oral Surgery

## Information for Patients

# Instructions for Patients Following Oral Surgery

Please read the following instructions carefully:

## Following your operation

To prevent bleeding and complications, it is important that you follow these instructions:


- Avoid hot drinks or food for the rest of the day.
- Do not rinse your mouth out or spit out repeatedly for the next 24 hours.
- No smoking for 48 hours.
- No alcohol for 24 hours.
- Avoid excessive effort and exercise.
- You should take over the counter pain relief medication before the numbing injections wear off; paracetamol and ibuprofen are usually sufficient if you can take those. Please follow instructions on the packet carefully. You may need pain relief medication for up to 2 weeks.
- Blood stained saliva is normal but if obvious bleeding occurs then bite on a clean, damp rolled handkerchief/ facecloth for 20 minutes whilst sitting down. If the bleeding or oozing continues after this, contact us immediately.
- If you have had a general anaesthetic or intravenous sedation please do not drive any vehicle, operate any machinery or sign any legal documentation for at least 24 hours following your operation.

## Day after operation and continuing for three or four days

- Eat a soft light diet for example soup or pasta.
- Use salt water mouthwashes after every meal as well as morning and night. Mix one level

teaspoon of salt with a glass of warm water and gently bathe the operation site or socket for several minutes.

- Continue to brush your teeth twice daily.
- Do not hold anything hot against the outside of the face. Pain, swelling and stiffness should start to settle within 7-10 days. If this does not happen please contact us.

 University Dental Hospital Manchester (0161) 393 7736 Monday to Friday 9.00 am-5.00 pm.

For out of hours emergencies please call 111 or attend your local Accident and Emergency Department.

If you have attended our clinic in Manchester Royal Infirmary please find our details below.

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Peter Mount Building  
Manchester Royal Infirmary  
Oxford Road  
Manchester  
M13 9WL  
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 <http://www.mft.nhs.uk/dental>