

## **Postoperative Advice Following Oral Surgery**

There should be no pain immediately after the operation due to the local anaesthetic being used. This usually lasts for 2-3 hours before sensation returns slowly, and care should be taken to avoid biting the lip or tongue during this time.

After the local anaesthetic wears off there is likely to be some discomfort and jaw stiffness. Swelling and bruising may also occur. These are normal consequences of oral surgery procedures.

You can minimise problems after your oral surgery procedure by following the instructions below.

Get plenty of rest in the first few hours after your operation. Reduce your level of activity for the first few days.

Avoid rinsing out your mouth and do not drink hot fluids for the first 24 hours after surgery. After 24 hours use a salt-water mouth rinse (one teaspoon of salt in a cup of warm water) every 4 hours for 5-7 days.

### **Relieve discomfort by taking painkillers**

- Pain tends to be worse on the 2<sup>nd</sup> or 3<sup>rd</sup> day but gradually improves over a period of 7-10 days.
- Simple painkillers such as Paracetamol, Ibuprofen or Codydramol should control the pain. (Do not take Ibuprofen if you are diagnosed with Asthma).
- It is advisable to start with Ibuprofen and alternate with Paracetamol on a three-hourly basis. Continue this for 3-7 days after your operation for maximum benefit.
- The standard adult dose of Ibuprofen is 400mg (2x200mg) taken with food. This dose can be repeated every six hours, up to a maximum of 1600mg in 24 hours.
- The standard adult dose for Paracetamol is 1000mg (2x500mg). This dose can be repeated every six hours, up to a maximum of 4000mg in 24 hours.

Further proprietary information is provided with these medicines.

If there is a sudden increase in pain after 2-3 days, this may indicate infection and the surgery should be contacted.

Ice Packs can help with pain and swelling. Hold an ice pack against your face for one minute at the site of your operation, then leave an interval of two minutes and apply again. Stop when you have applied the ice pack five times. Do this three or four times each day for the first 1-2 days.