

Advice for after your dental treatment

Information for patients

Pain

You should have no pain immediately after the operation due to the local anaesthetic used. This should last for 3-4 hours before sensation returns slowly. You should take care not to bite your lip or tongue during this time.

Pain tends to be worse on the second or third day after your treatment, but gradually improves over a period of 7-10 days. Simple painkillers such as Paracetamol or Ibuprofen should control the pain, but you should discuss this with your GP or pharmacist if you are taking any other medication.

If there is a sudden increase in pain after a few days, this may indicate infection and you should contact your own dentist.

Swelling

This is common after surgery has been carried out in the jaw. The swelling reaches its maximum 2-3 days after surgery and should resolve 7-10 days after surgery. Bruising of the face occasionally occurs and can take up to two weeks to heal.

Bleeding

This should be minimal by the time you leave the surgery/hospital. Blood-stained saliva is normal 24-48 hours after your operation. **Do not rinse** your mouth for the first day. This may disturb the blood clot and cause bleeding.

If persistent bleeding occurs, bite firmly for at least 10-15 minutes on a rolled-up piece of gauze.

Oral hygiene

On the day after your surgery, use a hot salt-water mouth bath. Add a spoonful of salt to the water, which should be as warm as possible. Take a mouthful and hold it still for a couple of minutes in your mouth before spitting out. Repeat this four times daily. This will help healing.

Keep your teeth clean with gentle tooth brushing if possible; a toothbrush can be softened under a hot tap. Chlorhexidine (Corsodyl) mouthwash will help reduce plaque while tooth brushing is difficult.

Diet

Your mouth opening will be restricted for about a week. Eating semi-solid food should be possible. Use your own discretion and gradually start eating normally as you feel able.

Stitches

If you have stitches (sutures) in your mouth, these should dissolve and drop out after 7-10 days.

Problems

If you experience any problems during normal working hours, please phone the Edinburgh Dental Institute on 0131 536 1129.

Outside of normal working hours or during public holidays and weekends contact:

1. Your own dentist.
2. Chalmers Dental Centre via NHS 24 on 111. Chalmers Dental Centre Out of Hours Service operates in the evenings and at weekends and you must contact NHS 24 in the first instance.
3. In the case of an emergency (e.g. uncontrolled bleeding) please attend your nearest accident and emergency department.

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