



RICHARD J. MOORE
ORAL SURGEON

Post-Operative Questions & Answers following Oral Surgery

- [1] **Take pain medication as advised/prescribed following your surgery, even though the local anaesthetic is still effective. Keep taking the maximum safe dose at the recommended time intervals for the first 48 hours.**

Pain medication can take up to 40 minutes to work; you will find that the pain is worst for the 24 hours after surgery.

- [2] **Avoid vigorous exercise (e.g. running, swimming) for at least 24 hours.**

Exercise increases blood pressure, which might cause bleeding around where you have had surgery carried out.

- [3] **Soft foods for the first 2 days e.g. milk shakes, milk, soup, ice cream, yoghurt.**

An intact clot is vital for healing. Eating firm foods too soon can disturb the clot.

- [4] **Avoid smoking for a week or more after your surgery.**

Smoking delays healing by reducing the blood supply to the wound and can also predispose you to infection. The sooner you start smoking, the higher risk of infection or dry socket.

- [5] **After two to three days switch to semi-solid foods, e.g. rice, pasta, noodles, scrambled egg, blended or liquidised foods.**

Do not chew solid foods too soon after surgery. Areas of surgery need to allow a stable blood clot to form for rapid healing. Solid foods can dislodge this.

- [6] **Take prescribed medications to ensure good wound healing and ensure that you complete the course.**

The drugs you have been given are recommended to ensure rapid healing.

- [7] **If bleeding persists then use the gauze which has been supplied and either hold it onto the area of surgery for 20-30 minutes or bite down on it to the area as necessary. In place of this a dry tea bag can also be used, and rest. Remember that bleeding usually looks worse than it is as it will be mixed with your normal saliva.**

Tannic acid aids clotting, and caffeine, a stimulant is released in small amounts.

- [8] **Do not rinse your mouth out until the day after surgery, then commence warm salt water rinses at least three times a day for seven days.**

The clot can be dislodged if you rinse on the same day as the surgery and if disturbed can cause the area to be infected.

- [9] **Sutures inside the mouth are usually dissolvable and can take up to 2-3 weeks to dissolve. If your sutures need to be removed, your surgeon will inform you of this.**

Your surgeon will advise you regarding your sutures. You will be given a follow up appointment in the clinic if your stitches need to be removed, although the majority are dissolving.

- [9] **If you have had surgery done inside the mouth then you can brush your teeth gently that evening, and normally the next day.**

Keeping the teeth clean is important for healing. A softer brush will avoid damage to the surgical site.

- [10] **If you have any queries or concerns then contact the practice, in the event of a problem causing profuse bleeding which cannot be stopped or difficult breathing or swallowing then you should seek care via your local Emergency Department.**