

Surgical Post-operative Instructions

Numbness

Whilst you're still numb, be careful not to bite your lip and avoid hot food and drinks. The numbness usually takes 2-3 hours to wear off fully.

Painkillers

You will need painkillers for at least the first week. Please take whatever you normally take for a headache. Paracetamol 1g and ibuprofen 400 mg every 4-6 hours are recommended (these can be taken together). If you've had a graft taken from the palate and the area is very sore after a few days, please make up a solution of water and dispersible aspirin (300 mg/600 mg) and try holding it in your mouth for a few minutes every 4-6 hours.

Swelling

This can be limited by the use of an ice pack as soon as you are home. Place it gently on the outside of your face in the surgical area for 10 minutes and then take it off for 10 minutes. Please continue this for the first 2 hours. Please try and sit upright for a few hours rather than laying down.

Bleeding

Some blood in your saliva is normal after a surgical procedure so do not be alarmed. If there is blood oozing from the palate, please apply pressure to the area with some damp gauze that you should have in your surgical bag. If you notice a dark red jelly-like substance on your tooth, that could be a small blood clot. If it is easily accessible, please gently wipe it away using a small piece of damp gauze.

Cleaning

Please avoid brushing the surgical area for the first 2 weeks. **Brush the rest of your teeth.** It is extremely important to use the Periogard (0.12%) mouthwash provided 3 times a day, holding it in your mouth for 1 minute before spitting out. After we have seen you for the stitch removal, we will instruct you on how to brush the surgical area and when to use interdental brushes. The Periogard is usually required for the first month. Some staining may develop from the Periogard but can be minimised by avoiding food/drinks that may stain your teeth (e.g. tea/coffee) an hour before and after using it. Do not worry about any stains, these can be removed by us once the area has healed.

Food and Drink

On the day of the surgery please only have cool liquids. Afterwards please only consume smooth soft foods (no bits, seeds or sharp edges) for the first 2 weeks. Meal replacement shakes may be helpful. Please avoid alcohol until we have reviewed the healing/removed the stitches.

Physical Activity

Please avoid ALL sports or physical effort for ideally a week following the surgery.

Emergency

If there is an emergency or any urgent questions out of normal hours where you are unable to contact the practice, please email sean@thepearldental.com. Dr Woon Sam will then email or call you back within a few minutes. If there is no response, please visit your local A&E.