

# L I A M M O O R E

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ORAL AND MAXILLOFACIAL SURGEON

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## Dentoalveolar and Wisdom Tooth Surgery

### Post-Operative Instructions

Please read the following post-operative instructions when you return home, should you have any concerns please don't hesitate to contact the practice or myself directly.

#### General Instructions

Rest and taking care of yourself are the mainstays of treatment postoperatively. After having teeth removed it is normal for your lips, chin and/or tongue to be numb. This will last for a couple of hours after your operation until the local anaesthetic wears off. You should take care in the immediate post-operative period to ensure no hot liquids or chewy foods are consumed, as you may injure your tongue or lip inadvertently. For most patients, 1 week off from work/study is required to recover completely and to return to 100% function. Do not exercise or participate in strenuous activities for 7 days. Do not smoke or consume alcohol during the recovery period.

#### Swelling - Common

Swelling is a normal component of surgery with patients experiencing different degrees of swelling depending on the operation. Normally swelling will peak at 72hrs before beginning to improve. During this time, it is important to continue to take pain relief and/or antibiotics regularly and as prescribed by Mr Moore, some of these will have anti-inflammatory effects and help with swelling.

#### Discomfort - Common

Discomfort is normal after removal of teeth and can be minimised and/or eliminated by taking pain relief early and regularly. Simple analgesia such as paracetamol and ibuprofen have significant effects in reducing discomfort. If your surgery was complex, Mr Moore will provide a prescription for additional pain relief to ensure you remain comfortable.

#### Bleeding - Common

It is common to have some oozing in the immediate post-operative period and for some days later. It tends to be a small amount of ooze mixed with a significant amount of saliva, which can be alarming when waking up in the morning. Simple pressure should be applied to the area for approximately 1 hour after your procedure or if the sockets begin to ooze. Avoid spitting out blood and maintain good oral hygiene practices to expedite healing. Ideally sleep with your head up for the first night. Dissolvable stitches will be present for most patients and these assist healing but are not required, for most people they will fall out in 7-10 days. If they fall out prematurely, do not worry.

#### Infection - Uncommon

Infection is rare and can be further minimised by completing the course of antibiotics prescribed, maintaining oral hygiene, and resting until fully recovered. Avoiding alcohol, smoking and exercise will assist your healing and reduce the incidence of complications.

#### Persistent Numbness - Very Uncommon

Some patients will experience persistent numbness (longer than 24hrs) in their lips, chin and/or tongue. This is likely due to the proximity of the nerves to the teeth removed, meaning some bruising is affecting their function. This will likely recover in time but please contact Mr Moore to arrange further follow up.

### Please Contact Mr Moore 0272 258 350 if you experience:

- Difficulty swallowing, worsening trismus (reduced mouth opening), fever or voice changes.
  - Persistent numbness of the lip chin or tongue for greater than 48 hours postoperatively - Unless already discussed with Mr Moore.
  - Oozing/bleeding which your unable to stop with simple pressure.
  - Pain not controlled by prescriptions provided.
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