



Discharge Information

after Dental Procedures



After care:

- You may experience pain, discomfort, or swelling over the next few days – take your pain relief regularly for the next 24-48 hours, and then as required.
- You may gently spit out any blood into a clean tissue – DO NOT rinse your mouth for the rest of the day.
- Provided bleeding has stopped, start mouth washes the day after your surgery.
- You should rinse 4 times a day for 7 days.
- Hold the warmed rinse in your mouth until cooled and then spit out.
- Repeat – do not rinse vigorously.
- Continue to clean your teeth normally.

Mouth rinse recipe: 1 teaspoon of table salt in a glass of warm water.

Wound closure:

Dissolvable stitches: these dissolve in 1-3 weeks.

Non-dissolvable stitches: These require removal at the Dental Hospital - you will be given information.

Things to avoid:

- Biting numb areas of your mouth.
- Taking aspirin (unless the doctor advises otherwise).
- Very hot, hard or spicy food and hot drinks – for at least 1-2 days.
- Alcohol – reacts with medications and can cause bleeding.
- Smoking for at least a week/until your mouth has healed.
- Contact sports for 1 week to minimise bleeding risk.

Contact the oral surgery team, Surgical Hub or your GP if you have:

- A fever.
- Nausea/vomiting.
- A marked increase in swelling/pain.
- Pain with a bad taste in your mouth.
- Difficulty passing urine or opening your bowels after your anaesthetic.
- Any questions/concerns about your surgery.

If bleeding occurs, roll up a clean gauze swab into a sausage shape, place over the area and bite down gently for 30 minutes in a sitting position – **DO NOT LIE DOWN**.

Call the oral surgery team/attend A&E if you have:

- Bleeding that persists after 20 minutes of pressure.
- Persistent bleeding after 72 hours post-surgery.
- Severe/worsening pain.

Additional information:

<https://www.nhs.uk/tests-and-treatments/wisdom-tooth-removal/>

<https://www.baos.org.uk/for-patients/#patient>

Key contact numbers:

The University Dental Hospital:

Monday to Friday 9am-5pm – **02921 842416**

After 5pm or on weekends/bank holidays - Call the hospital switchboard on **02920 747747** and ask for the '**Oral Surgery resident on call**'

Surgical Hub (Monday – Friday 7 am – 7pm:

Surgical Hub First Floor – **02921 826510**

Surgical Hub Ground floor – **02921 826348**

Your GP or 111

