



# PM Oral Surgery

SPECIALIST CENTRE

## *Post-operative care after minor oral surgery*

**This leaflet has been put together to tell you more about your treatment and should answer many questions you may have. Please ask if anything is unclear.**

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## Pain relief

We recommend that you take painkillers regularly for the first few days after the procedure. It is normal to require painkillers for up to two weeks after surgery. You should also expect some swelling around the area following surgery. If you are not prescribed painkillers by us, Panadol or Nurofen can be used. If you have any queries or concerns, please contact PM Oral Surgery.

## Local anaesthetic

The local anaesthetic used during the procedure may take a few hours to wear off. The anaesthetic will affect the gum close to the tooth but may also cause numbness of the lip, chin or tongue. Take care not to bite your lip or tongue whilst they are numb. You may eat as normal but be careful that food and drink are not too hot that they burn the numb areas or disturb the surgical area. Avoid sharp or crunchy foods (i.e toast, crisps) for 2-3 days as these will also disturb healing and may cause bleeding.

## Bleeding

It is normal for there to be some oozing from the socket/surgical area after the procedure.

Your saliva may be slightly blood stained for a few days. To prevent further bleeding you should return home after the procedure and rest. If the bleeding persists, apply pressure for 20-30 minutes on the area using the gauze you have been given in the post-operative pack. Slightly dampen this before use.

## Stitches

These can take up to three weeks to dissolve. If any stitches come out before dissolving, please do not be concerned unless the area begins to bleed.

## Smoking and alcohol

Smoking greatly increases the risk of infection and slows the healing process. It also increases the chance of localised bone infection. This is an extremely painful condition, which can prove difficult to treat.

Do not smoke until the wound has fully healed. Alcohol should be avoided for 24 hours as it may increase bleeding.

## Following the procedure

**Today** - Do not rinse your mouth or spit out as this can disturb the healing socket. Tooth brushing should be carried out as normal, but extra care should be taken around the extraction site.

**Tomorrow** - Dissolve 1 teaspoon of salt in a cup of warm water and then begin bathing the area. Hold the solution over the area for a minute. This should be carried out as often as possible. or at least after every meal and continued for 10 days. A chlorhexidine mouthwash (i.e. Savacol) can be used as an alternative.

The tooth socket may feel uneven or lumpy for the first few months. This is entirely normal.