LONDON DENTAL ARTS

POST OPERATIVE INSTRUCTIONS ORAL SURGERY

Thank you for choosing London Dental Arts for your treatment. To ensure a smooth and successful recovery, please carefully follow the postoperative instructions below:

Day of Surgery and Next 24 Hours:

- It is crucial to avoid disturbing the blood clot in the surgical site(s). Rest and minimise physical activity today.
- Refrain from rinsing your mouth today. Instructions regarding rinses (Corsodyl/Curasept/salt water) will be provided for the following day.
- Smoking is strictly prohibited for at least 48 hours after surgery.
- Avoid consuming alcoholic drinks for at least 24 hours.

Refrain from eating or drinking hot, sharp, hard foods, and hot beverages

Bleeding:

- Some pink staining of saliva is normal following surgery. In case of persistent bleeding, use the gauze provided or a clean tissue:
  - Dampen the material by folding it.
  - Place the pack over the extraction site and apply gentle pressure by biting down.
  - Sit and rest, as it can take approximately 30 minutes for a proper clot to form.

Numbness and Altered Sensations:

- Be cautious not to burn or bite yourself while you are still numb. Numbness typically lasts 2-3 hours. However, some procedures carry a risk of nerve damage if they are close to the teeth. If you experience persistent altered sensation, please contact us for a review.

Pain, Swelling, and Bruising:

- Expect some pain and swelling after surgery, which usually peaks around the second day and gradually resolves within a week. Taking painkillers regularly (without exceeding the safe maximum dose) will help manage the discomfort. You may take your usual headache pain relief medication (paracetamol, ibuprofen, etc.). Consult with your dentist if needed.
- If you notice bruising, it usually takes around 7-10 days to resolve. Please inform us if the bruising worsens within a few days.

Next 7 Days:

- Eat and drink with care, starting with soft foods that are easier to consume. Ensure you drink plenty of fluids.
- Thoroughly clean your mouth but do so gently.
- Rinse your mouth with warm salt water after every meal, starting 24 hours after the surgery. Use a teaspoon of salt (1 sachet) dissolved in half a cup of warm water.
- It is highly recommended to avoid smoking completely, as it significantly reduces the success rate of dental implants.
- If you have been prescribed antibiotics, please begin taking them today and complete the full course.

Further Aftercare:

- Perform gentle warm saltwater rinses 2-3 times per day, starting from tomorrow.

If you have any concerns or require additional guidance during your recovery, please do not hesitate to contact the clinic on 0203 143 0080 or email contact@londondentalarts.co.uk. We are here to assist you.

Wishing you a speedy and successful recovery.