



London Oral &
Maxillofacial Surgeons

28 Kingscliffe Gardens
London
SW19 6NR
T. +44 (0)208 788 9900
F. +44 (0)208 780 0617
E. info@londonmaxfax.co.uk

Mr Nicholas Hyde FDS FRCS (OMFS) MS
Consultant Maxillofacial Head & Neck Surgeon

INSTRUCTIONS FOLLOWING ORAL SURGICAL PROCEDURES

Do not rinse your mouth during the day of surgery. This could cause the socket to bleed.

However commencing on ***the day following the extractions*** please use a hot saline mouthwash after meals. Dissolve a level teaspoon of salt in a tumbler of hot water and rinse 5 –6 times a day particularly after meals. Continue for 7 days. Keep your mouth as clean as possible using a small toothbrush to clean the areas unaffected by the surgery. In addition use the Corsodyl mouthwash as prescribed. Keeping your mouth as clean as possible will minimise the risks of infection.

Do not drink anything very hot until at least two hours after surgery (until the local anaesthetic has worn off) or you may burn your mouth.

If you go to bed on returning home & do not lie flat but prop yourself up to an angle of 45 degrees using a couple of pillows. Continue this for the first 24 hours following surgery

If there is significant bleeding, place a pad of gauze or a portion of a clean handkerchief over the bleeding socket and bite firmly on it (to apply pressure) and sit quietly for 15 minutes. Repeat if necessary. If the bleeding continues repeat the process having first soaked the pad in near boiling water - taking care not to burn yourself. If bleeding persists then please do not hesitate to call the number given below.

Do take any prescribed antibiotics regularly and read the instructions on the container carefully before use.

Do take the pain relief tablets as required in the dose prescribed. Do not exceed the stated dose.

You may eat and drink as you like, avoiding the area of surgery. You may find it more comfortable to eat soft foods that are not strongly flavoured for a few days.

Smoking, delays healing, and is best avoided for at least a week after any form of oral surgery.

If you are still worried after reading this please call one of the following numbers

Daytime	020 8788 9900	(Office)
Mobile	07970 651662	(Evenings / Weekends)
Pager	0208 672 1255	(Air Call St George's Hospital 758)