

**Information for Patients  
Care of the Mouth following  
Extractions, Minor Surgical operations  
under local Anaesthesia**

**Maxillofacial & Oral Surgery**

**Care of the Mouth following Extractions and Minor Surgical operations under local Anaesthesia**

1. **Do not rinse your mouth for the rest of the day** it may start the socket bleeding.
2. **Do not bite the numb areas of your mouth** and do not smoke until the numbness has gone.
3. **For the rest of the day take things quietly.** Take only cool non-alcoholic drinks. Eat a soft diet.
4. **To stop bleeding**, apply pressure with gauze swabs or folded handkerchief. Bite on it for half an hour.
5. **Oral hygiene is important after extractions.** Provided bleeding has stopped, start mouthwashes the **next day**. Dissolve a teaspoonful of common salt in a tumbler full of warm water and use as a mouthwash. Do this after all meals. **Do not** rinse vigorously. Use your toothbrush in areas of the mouth away from the sockets.
6. Discomfort and slight swelling may be expected for a few days. **Pain killers may be taken if required.**
7. If you have had a sedative injection into your arm as part of your treatment, do not drive, go out unaccompanied, or carry out any activity involving risk (e.g. boiling a kettle) for at least 24 hours.

**Inform the department by telephone if you have:-**

- Persistent bleeding
- An increase in swelling or pain
- Any other cause for anxiety

**Remember, the Maxillofacial Surgery Team are here to help.**

If you have any problems please ring the following numbers:- 01633 – 238372 or out of hours the 'on call' Maxillofacial SHO on:- 01633 - 234234