

contact the practice for advise, or go to your local Accident & Emergency if the reaction is severe.

Please note that some antibiotics can cause gastric symptoms as a side effect and interfere with oral contraceptives (birth control pills) that prevent pregnancy.

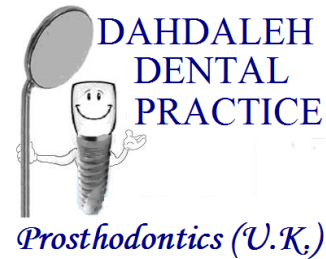
How can I reduce the swelling after surgery?

Applying ice packs to the side of the surgical site can help reduce the swelling.

How can I reach you if I have any concerns?

Either contact the practice on **06 4612462** during our regular office hours or call **0799755211** outside office hours. If your concerns are not urgent, you can contact us via email on **reemdental@yahoo.com** and we will be sure to write back to you within 24 hours.

Dr Reem Maurice Dahdaleh
BDS(Lond.), MFDS RCS (Eng.),
MClinDent Prosthodontics (Lond.),
MPros RCS (Ed.)



Dahdaleh Dental Practice
Dahdaleh Center
19 Kamal Junblat St
First floor
Tel: +962 6 4612462
email: reemdental@yahoo.com

Looking after an extraction or surgical site

What to expect after surgery or a tooth extraction?

- Some bleeding/oozing from the surgical site
- Bruising of the adjacent soft tissue
- Swelling occurs as part of the normal healing process. This reaches its maximum three days after the surgery and then it tends to subside
- Some discomfort after the local anaesthetic wears off. You will be advised on which pain killer/s will be best to take after the procedure. Be sure to follow the recommendations with regards to the dose and frequency of the medication prescribed. Ensure that we know all the medications you regularly take, if any, to ensure that minimum interaction occurs between them and the safe administration of the drugs prescribed.
- You may have stitches following your surgical procedure. The type of stitches we use in the practice is

absorbable. They generally fall out within 5-7 days. Therefore there is no need to book an appointment especially for their removal. However, depending on the surgical procedure you had, you may be given a review appointment to check the progress of healing at the site of surgery.

What if I notice bleeding after I leave the practice?

Some oozing from the surgical site is common in the first 24 hours. If the oozing seems heavy, place a folded piece of gauze or tissue onto the site and bite down firmly for 20 minutes. Repeat this procedure if the bleeding continues. This action will generally reduce and stop the bleeding, however, if it doesn't please contact us.

When can I have something to eat or drink?

Once the feeling of numbness of the local anaesthetic subsides and your normal sensation returns you can eat and drink.

DO NOT have hot drinks whilst the numbness sensation is present as you would risk having a burn.

DO NOT drink liquids through a straw as it may cause early dislodgment of the

blood clot formed and restart bleeding from the surgical site.

DO NOT eat whilst numb as you may risk biting your lip or cheek leading to a traumatic ulcer.

When can I brush my teeth?

You can brush your teeth on the day of the surgery, however, be careful not to dislodge the blood clot formed or disturb any stitches placed. DO NOT rinse your mouth vigorously and avoid the surgical site whilst brushing. After 24 hours, rinse your mouth with warm salt water (1/4 teaspoon of salt in a glass of water) or Corsodyl® mouthwash up to three times a day, to ensure the surgical site is kept clean whilst healing. Depending on how extensive the surgery, this can be continued for a week.

Can I smoke?

No. Smoking of any kind after oral surgery interferes with the normal healing process and can increase your chance of developing

- Infections
- Dry socket after a tooth extraction: This is when the blood clot in the mouth protecting your bone from irritation by saliva and bacteria in your mouth is lost prematurely. This usually occurs 3-4 days after

surgery. This can cause pain in your jaw. If you suspect a dry socket, you can book a review appointment at the practice for a simple treatment to resolve this condition.

- Failure of osseointegration of an implant.

How soon can I resume my normal activities?

You can resume light activities as soon as you feel up to it. It is best to limit any strenuous activities till after three days after the surgery. Narcotic pain medication can cause drowsiness; therefore do not perform activities that require coordination or concentration while taking them including driving or operating machinery.

Do I need to take antibiotics after surgery?

If you had an infection in your mouth at the time of surgery or if you required extensive surgery, you may be advised to take antibiotics. It is important that you follow the dosage directions of the medication prescribed. Should you develop an allergic reaction to the antibiotic (skin rash, swelling or difficulty breathing) STOP taking the medication