



- Try to only have cold drinks and do not eat until the local anaesthetic has worn off. **Avoid hot drinks or hot food** for the first couple of days and do not 'swill' liquid over the area.
- Try **not to disturb the area** with your tongue or fingers.
- **Soft food and a high protein diet** for the first week after surgery will help with the healing process.
- **Do not undertake strenuous exercise** for the first week after surgery (running / gym).
- You may have **some swelling and/or bruising** following your treatment - this usually reaches a peak 2 to 3 days later. This is quite normal and both will subside naturally after a few days. Swelling can be reduced with ice packs . Hold on the cheek area for a maximum of 10 minutes at a time with 20 minutes break. After 24 hours gentle heat is more beneficial.
- Sleeping propped up slightly on 2-3 pillows may also help
- Pain should not be a big problem. Although you may be sore for a few days after any surgery in your mouth, this can be easily managed with simple **painkillers**. You should take these regularly at the maximum stated dose for the first 2-3 days after your surgery. Take whatever painkillers you normally take for headaches, aches and sprains (ibuprofen and paracetamol make a good combination), and take your first dose before the local anaesthetic has completely worn off.
- If after a few days you experience increasing pain and swelling, you must return to **K&K family Dental Clinic** as soon as possible so that we can ensure you are not beginning to develop an infection.
- If you have a **denture** that covers the surgical area please wear it as little as possible for the first week to protect the surgical site during its initial healing period. You should always leave the denture out at night.
- The **stitches are dissolvable** but often remain for around 2-3 weeks, if they are uncomfortable or annoying, you may contact us to remove them.
- Some minor **bleeding** after surgery in the mouth is normal. If this persists, apply pressure by biting down firmly over the area on a dampened gauze swab or clean handkerchief for 60 minutes whilst sitting upright. Do not keep checking or changing the gauze. You should contact us if bleeding persists for any reason after applying pressure in this way.
- If you have been given a course of **antibiotics** to take after your surgery, please ensure that you complete the course.
- After the sinus lift surgery **avoiding nose blowing**.
- Sneezing with your mouth open, and using straws for a period of time to prevent dislodging the bone graft.

Cleaning Advice

- Successful oral surgery depends on keeping the mouth as clean as possible.
- Please start to use the mouthwash that you have been given the following morning of your surgery and continue to use for 1 week, twice a day - the same time that you brush your teeth. This is very important. (The mouthwash should contain antiseptic such as chlorhexidine).
- You should also start cleaning your other teeth as normal with a toothbrush, starting on the evening of your surgery.
- Avoid the surgical site until you see the dentist for your suture removal appointment which will be roughly a week after surgery.
- Try to keep food away from the surgical area for as long as possible. Gently rinse your mouth after eating to keep the area clean. You are advised not to smoke until the wound has healed as this severely limits healing in the mouth

