

Day Surgery Unit

Community Dental Service

Post operative instructions following dental treatment under general anaesthesia at the Day Surgery Unit, University Hospital, Coventry

The anaesthetic drugs remain in the body for 24 hours and during this time are gradually excreted from the body.

During this 24 hour period you should have somebody with you as you are still under the influence of drugs and there are certain things **you must not do**:

- Drive a car, bicycle or any form of motorised transport
- Drink alcohol or smoke
- Operate any machinery or electrical appliances, this includes using a kettle or saucepan
- Take any vigorous exercise
- Make any important decisions or sign legal papers
- Take any sleeping tablets
- Lock the bathroom or toilet door, or in anyway make yourself inaccessible to the person looking after you

You should drink plenty of fluids. A light diet should be taken, but nothing heavy or greasy, as this could result in nausea. We advise patients to go home and go to bed and take it easy for the rest of the day (avoid exercise). It can take two or three days before the anaesthetic wears off. You can feel tired for up to a week with occasional lapses of concentration.

After- care instructions if you have had teeth out

- After leaving the hospital, do not rinse the mouth or take any hot drinks for the remainder of the day
- The following day and for several days you should rinse your mouth gently after every meal and last thing at night. Half a teaspoon of salt in a glass of warm water is ideal. Keep any remaining teeth clean by thoroughly brushing after every meal.
- No matter how careful you are with your oral hygiene, you may develop a strange odour as the sockets heal. This is a normal process and not a sign of infection.
- There is usually a small ooze of blood after extractions and you may notice



Patient Information

blood on your pillow for one or two days after your operation.

- Should bleeding restart, sit up-right and remain as quiet as possible. Take a clean gauze/cotton wool, roll it up, dip it in warm water, squeeze it out and place it on the bleeding socket. Close the mouth firmly upon it for at least 15 minutes before removing it to check if the bleeding has stopped. If bleeding continues and you are concerned, please contact one of the numbers given below.

General mouth care information

- If you experience any post-operative discomfort, take the pain killer that you would normally take for a headache.
- The treatment you have received could include:
 - Dental extraction
 - Fillings
 - Scaling/polishing
 - Preventative treatment
- Your mouth may feel sticky due to fluoride varnish on your teeth. This sticky coating will brush off.
- If a local anaesthetic has been used it may numb your mouth and will wear off after about 1½ - 2 hours. Try not to eat until it has worn off and take care not to suck, pinch, burn or bite the affected area.
- You may be prescribed a course of antibiotics after treatment. It is important to take the complete course, but if you feel they are upsetting you please contact your dentist for advice.

If you require any further advice please contact:

The Community Dental Team Telephone: 024 7696 1375
Monday – Thursday: 9.00am – 5.00pm Friday: 9.00am – 4.30pm

Out of hours emergencies only:

Telephone: 0845 608 0275
Monday to Friday 6.30pm - 10.30pm
Weekends and Bank Holidays 9.00am - 10.30pm

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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