

Sedation aftercare

Although you think you have recovered quite quickly, the effects of your sedation may not have worn off completely until the next day. For the first 24 hours after the procedure it is important that you:

- Do not consume any alcohol
- Go home with your escort and rest quietly for the rest of the day
- Do not drive a vehicle or operate machinery
- Do not go out alone
- Do not make important decisions such as purchasing expensive items or signing important documents.
- Do not worry if you have difficulty remembering what has happened. This is called amnesia and is very common after sedation.
- Please take any medication you have been prescribed as directed, remember to always read the instruction label.
- Local anaesthetic will be used to numb areas of your mouth. Until normal feeling returns:
 - Take care not to chew your lips or cheeks as this can result in ulceration or soreness.
 - Make sure that food and drink is not too hot as you may burn the numbed areas without feeling it.

Aftercare

Your mouth may ooze some blood if you had a tooth removed. To reduce this to a minimum it is recommended that for the first 24 hours:

- Do not rinse your mouth with water or mouthwash
- Only have cold drinks and cool soft food. Avoid hot drinks and food
- Do not hold anything against the side of your face
- Avoid excessive exercise
- Do not smoke or drink alcohol

After 24 hours you can brush your teeth and use warm salt water mouthwashes after meals for 3-4 days. This is made by mixing 1 level teaspoon of salt into a glass of warm water. Use this solution to gently bathe the operation site for several minutes.

If the bleeding seems quite heavy:

- Roll up a clean cotton handkerchief or tea towel
- Place it over the wound
- Bite hard on it for 15 minutes
- Don't use tissue or cotton wool as pieces may get left in the wound

– This can be done up to three times. If bleeding continues call 020 8395 8483 for advice.

Any discomfort or stiffness should start to settle within 3 - 4 days.

If you have any numbness or altered sensation affecting your tongue, lip or chin persisting for more than 1 hour please call 020 8395 8483 for advice.

Pain relief such as ibuprofen or paracetamol can be taken as instructed on the packet instructions, as long as you have no medical conditions which mean that you can't take these medications. If in doubt please contact us or your GP.