

Emergencies

If there are any problems, please contact the Maxillofacial department direct:

Telephone: Lister Department, Stevenage ☎ 01438 284060
New QEII, Welwyn Garden City ☎ 01707 247575

Monday to Thursday, 8.30am - 5pm
and Friday, 8.30am - 1pm.

Out of these working hours please contact:
Luton and Dunstable Hospital out of hours service ☎ 01582 491166
and **ask for the maxillofacial doctor on call.**

Oral and Maxillofacial Department
Lister Hospital
Coreys Mill Lane
Stevenage
Hertfordshire
SG1 4AB

www.enherts-tr.nhs.uk

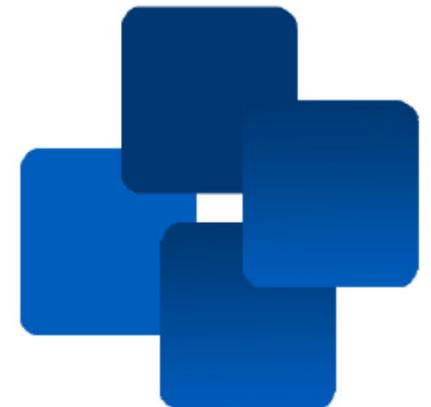
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Patient Information

Minor Oral Surgery Post-operative Instructions

Oral and Maxillofacial
Department



Introduction

The purpose of this leaflet is to help you recover from your minor oral surgery.

Pain

There should be no pain immediately after the operation due to local anaesthetic used. This should last three to four hours before any sensation slowly returns. Care should be taken to not bite the lip or tongue during this period.

Pain tends to be worse on the second and third days but gradually improves over a period of seven to ten days. Simple painkillers such as paracetamol, ibuprofen or co-dydramol should control the pain.

If there is a sudden increase in pain after a few days this may indicate an infection and you should contact the department immediately (please refer to the back page of this leaflet for contact details).

Swelling

- This is common after surgery has been carried out in the jaw. Maximum swelling is reached after 24 hours.
- Swelling should disappear after approximately 7-10 days after surgery.
- Bruising of the face occasionally occurs and can take up to two weeks to disappear.

Bleeding

- This should be minimal by the time you leave the hospital.
- Blood stained saliva is to be expected for 24-48 hours after surgery.
- Do not rinse the mouth for the first day as this may disturb the blood clot and cause bleeding.
- If persistent bleeding occurs roll up a piece of gauze, place it over the wound and bite firmly for a period of 15 minutes. It is best that you are resting whilst biting to reduce your blood pressure.

Oral hygiene

- The next day, use a warm saltwater mouth rinse. A teaspoon of salt should be added to a glass of water which should be as warm without burning your mouth.
- Take a mouthful of the saltwater and hold it still in your mouth for a couple of minutes before spitting out.
- Repeat this at least four times a day.
- Keep your teeth clean with gentle tooth brushing if possible.
- Corsodyl mouthwash will help by reducing plaque where brushing is difficult.

Diet

- Your mouth opening may be restricted for about a week.
- Eating semi-solid food should be possible.
- Use your own discretion and gradually start eating normally according to your own pace.

Stitches

- If you have stitches (sutures) in your mouth these should dissolve on their own over a period of a few weeks.

Smoking

- Please do **not** smoke following the procedure. Smoking delays healing and increases the risk of infection.

Medication

- Antibiotics after the surgery may be required in some cases.
- If necessary, antibiotics and painkillers will be prescribed, or advice given.

Time off work

- This will depend on your occupation and the amount of surgery.
- The average time off work is three to five days, but each individual case is different.