

Emergency contact

If you have any problems or need any further advice, please do not hesitate to contact our department on:

01744 646730 (between 9.00am and 5.00pm Monday to Thursday and 9.00am to 4.00pm on Friday)

Or Aintree Hospital at all other times on:

0151-525-5980 (ask for the Senior House Officer on-call in Maxillofacial Surgery)

Thank you

**Mr M Dodd
Consultant Oral and Maxillofacial Surgeon**

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Post Operative Patient Instructions Oral Surgery

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Post-Operative Instructions Following Oral Surgery

Pain

- You should not have pain immediately after your surgical procedure due to the local anaesthetic used. This should last for 3 - 4 hours before sensation returns slowly. Care should be taken to avoid biting the lip or tongue during this time.
- Simple painkillers eg paracetamol, should be adequate to control any pain.

Dry Socket

- This is a condition that **may** occur post operatively with early disintegration of a clot and infection. It may need packing of the socket with a medicated dressing and may need attendance either at the dentist or the department.

Swelling

- This is common after surgery has been carried out.
- Swelling reaches its maximum approx. 48 hours following surgery.
- Any swelling should resolve 7-10 days after surgery.
- Bruising of the face may occasionally occur and can take up to 2 weeks to resolve.

Bleeding

- If any, this should be minimal by the time you leave the department.
- Blood stained saliva is to be expected for 24 - 48 hours after a surgical procedure.

- **Do not rinse** your mouth for the first 24 hours. This may disturb the blood clot and cause bleeding.
- If persistent bleeding occurs, roll up a piece of clean gauze and place it over the wound and bite firmly over a period of at least 15 minutes.

Oral Hygiene

- Use a warm salt-water mouth wash after 24 hours.
- Repeat 3 times daily or as and when required. This will help healing.
- Keep your teeth clean with soft tooth brush.

Diet

- Your mouth opening may be restricted for about a week.
- Eat a balanced soft diet.
- 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 after a period of 7 - 10 days. Advice will be given in the department.

Medication

- Antibiotics are not required routinely, if prescribed, advice will be given in the department.

Follow-up

- If a follow-up appointment is needed you will receive an appointment through the post.