

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**

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9
3DA Telephone: 01744 26633

Post operative patient instructions Soft Tissue

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.

Post-Operative Instructions Soft Tissue

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 e.g. Paracetamol, should be adequate to control any pain
- If there is a sudden increase in pain after a few days please contact the department for advice

Swelling

- This is common after surgery has been carried out in the mouth
- 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
- If persistent bleeding occurs, roll up a piece of clean gauze, place it over the wound and press firmly for at least 15 minutes

Oral Hygiene

- Use a warm salt-water mouth wash after 24 hours. This helps promote healing
- Keep your teeth clean with a 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