

Follow-up

- Follow-up will be arranged and you will receive an appointment for review of the jaw cyst and for a change of the pack.

This is a straight forward procedure and you will need to keep reattending for this until your surgeon is happy with how the jaw cyst is healing.

Contact details

Emergency contact

If you have any problems as outlined above, or feel unwell after the procedure with issues including:

- difficulty breathing or swallowing
- a fever or high temperature
- excessive bleeding
- severe pain not relieved with painkillers

Please do not hesitate to contact our department on:

01744 646730 (between 9.00am and 5.00pm on weekdays)

Or **Aintree Hospital** at all other times on:

0151-525-5980 (ask for the Senior House Officer on-call in Maxillofacial Surgery) Or your local emergency department.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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

Twitter and Facebook
@mwlInhs

www.merseywestlancs.nhs.uk

Jaw Cyst

Post operative patient instructions

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/formatkach.

Author: Consultant

Department: Oral and Maxillofacial Unit

Document Number: MWL1942

Version: 1

Review Date: 01 / 07 / 2026

Post operative instructions following Jaw Cyst surgery

Pain

- There should be no pain immediately after the operation due to the local anaesthetic used. This should last for 3-4 hours before sensation returns slowly and care should be taken to avoid biting the lip or tongue during this time.
- Simple painkillers (e.g. paracetamol) should be used to control the pain.
- If there is a sudden increase in pain after a few days, please contact the department.

Swelling

- This is common after surgery has been carried out in the mouth and usually reaches its maximum 48 hours after surgery.
- You may also experience some jaw stiffness which is to be expected.
- The 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

- This should be minimal by the time you leave the surgery/hospital.
- Blood-stained saliva is to be expected for 24-48 hours after the operation.
- If persistent bleeding occurs, roll up a piece of gauze, place it over the wound and press firmly for at least 15 minutes.

Oral Hygiene

- Use a warm salt-water mouth bath after 24 hours. This will promote healing.
- You may be given an antiseptic mouthwash to use, so follow the instructions given to you by the surgeon on the day.
- At the surgical site, the wound may be packed with an antiseptic material to help reduce the size of the cyst. This will be sutured (stitched) into position in your gum/ cheek. This will feel strange, but try to avoid touching it with your tongue or fingers.
- Keep the area as clean as possible, ensuring you brush your teeth with a soft toothbrush and use mouthwash as directed.

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

- You will have stitches (sutures) in your mouth, some will dissolve after a period of 7-10 days.
- The sutures holding the antiseptic pack into your jaw cyst should not dissolve and if these come loose, please contact the department.

Medication

- Antibiotics after the procedure may be prescribed by your surgeon, so please take as directed.