

## Maxillofacial Unit

# Advice following Oral Surgery

### Look after yourself

- Take care until the numbness has worn off.
- Be careful not to bite your tongue, lips or cheeks.
- **Avoid** - Hot drinks and hard food for the next few days.

Healing is quicker if the wound is kept clean.

To do this **do not rinse today**, but start tomorrow using warm salt water (one teaspoon of salt in half a glass/cup of water), rinsing gently after meals for the next few days.

### Bleeding

- Leave the wound alone.
- Bleeding may start again if you disturb the wound.
- If bleeding starts again, make a firm pad of a clean handkerchief. Place this over the area which is bleeding and bite firmly for 20 minutes without disturbing the pad.
- If bleeding continues after this, contact the department or your dentist.
- Avoid alcohol, smoking and excessive exercise for 24 hours after surgery.

### Swelling

It is quite normal to experience some swelling of the face after an operation in the mouth. An ice pack held over the area may help reduce this.

### Pain

Once the local anaesthetic wears off, if discomfort is felt, take pain relieving tablets eg Paracetamol (do not exceed the recommended dosage).

If the pain increases during the next few days do not hesitate to contact the department or your dentist for advice.

Do not worry if you feel small fragments of bone.

These are the edges of the tooth socket and will disappear as your mouth heals.

## Oral Contraceptives

Any patient taking the oral contraceptive pill is advised to take additional precautions if you are prescribed antibiotics. You should continue this practice for 7 days after stopping the antibiotic course.

## Stitches

Sometimes stitches may be required. These usually dissolve and rarely have to be removed.

Please telephone if you have any problems or queries

**Huddersfield Royal Infirmary**  
Maxillofacial Unit (01484) 355737  
Secretary (01484) 343219

### Out of Hours

Bradford Royal Infirmary (01274) 542200  
and ask for Oral and Maxillofacial on call  
or contact your

**If you have any comments about this leaflet or the service you have received you can contact :**

Maxillofacial Unit  
Huddersfield Royal Infirmary  
Telephone (01484) 355737

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"