Maxillofacial Unit

Advice following Oral Surgery

Please Remember

- Take care until the numbness has worn off.
- Be careful not to bite your tongue, lips or cheeks.
- **Avoid** - Spitting, rinsing and hot drinks / food for the next 24 hours.
- **Avoid smoking and vaping** - for a minimum of the next 2 days. Smoking and vaping can dramatically increase the risk of poor healing, pain and infection.
- 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 week or so.
- If you have had a general anaethetic, you must not drive for 4 days.

Bleeding

- This should be minimal after surgery, though blood-stained saliva in the mouth is totally normal for 48 hours after surgery. You may notice a red patch on your pillow the morning after surgery.
- Bleeding may start again if you disturb the wound, spitting or rinsing the mouth in the first 24 hours are common causes of bleeding.
- If bleeding starts again, make a firm pad by rolling a clean handkerchief or gauze. Dampen this with water or saline and place this over the area which is bleeding, bite firmly for 20 minutes without disturbing the pad.
- If bleeding continues after this, contact the department or your dentist. Out of hours contacts are below, alternatively call 111.
- 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, this is usually worst one to two days after surgery, then resolves over the next 2-3 weeks. An ice pack held outside the mouth over the area in the first few hours after surgery may help reduce this.

Pain

- Once the local anaesthetic wears off it is usual to feel discomfort.
- Pain tends to be worse on the 2nd or 3rd day but gradually improves over a period of 7-10 days.
- Simple painkillers such as Paracetamol, Ibuprofen or Co-codamol (codeine and paracetamol) should control the pain. Avoid ibuprofen if you are asthmatic, have acid reflux or are currently also taking aspirin. If in doubt, ask your pharmacist for advice on what you can take.
- If there is a sudden increase in pain after three days, this may indicate infection or a dey socket, in this case please contact the department.
- Do not worry if you feel small sharp fragments of bone. These are the edges of the tooth socket and will disappear as your mouth heals.

compassionate care

Oral Hygiene

- The next day, start using salt water mouth rinses. Repeat gently rinsing after every meal for 7 days, this will help healing. Keep your teeth clean with gentle tooth brushing.
  Chlorhexidine (Corsodyl) mouthwash will help reduce plaque while tooth brushing is difficult.

Diet

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

Stitches

- Sometimes stitches may be required. These usually dissolve in 7-10 days.

After a General Anaesthetic

- The Anaesthetic can stay in your system for up to 4 days. It can make you feel light headed, dizzy, tired and nauseous which can lead to vomiting. During this time you must not drive, operate machinery or sign legal documents.
- We advise you to refrain from drinking Alcohol and eating rich, heavy fatty foods for 24hrs.
- **You must not drive for 4 days following a general anaesthetic.**

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

Supporting Doctors and Dentists in Training

We train undergraduate and postgraduate medical and dental students.
This means that doctors and dentists in training may be a part of your care and treatment.

All trainees are supervised closely by a fully qualified clinician. Please speak to one of our team if you have any questions or would prefer not to have a trainee involved in your care.

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

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

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਕੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਬਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان 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"