Advice for patients after minor oral surgery

You have had some treatment under a local anaesthetic in one of the above departments. We hope that you are happy with your treatment and that the information in this leaflet will help to answer any questions you have.

How will I feel after my operation?

- You might feel some numbness, swelling, jaw stiffness or discomfort for a few days after your operation.
- Taking 2 paracetamol tablets every 6 hours and no more than 8 tablets in 24 hours, should be enough to settle discomfort.

You can take them before the local anaesthetic wears off to stop the pain building up. If the pain does not start to settle after several days contact the department.

What can I do to help myself?

During the first 24 hours to help the wound to heal avoid:

- Hot drinks
- Alcohol
- Cigarettes
- Spicy food
- Exercise

Do not: use a mouthwash!
Do: eat and drink (a soft diet is best).

- **Insulin Dependant Diabetic patients (Type I):** You will need to closely monitor your blood sugar levels over the next few days. If your food intake has been reduced due to soreness and swelling from the minor oral surgery site, you may not need as much Insulin. Well managed blood sugar levels reduce the amount of healing time, meaning a faster recovery.

Make sure your food and drinks are not too hot.
You should brush your teeth gently making sure you avoid the wound area. This will keep your mouth clean.

The next day:

We recommend using a mouthwash. This will help sooth your mouth and help keep it clean. You should use it after each meal and first thing in the morning.

To make an effective mouthwash dissolve 1 teaspoon of salt into a large glass or mug of warm water.

Take a mouthful of the mouthwash and hold in your mouth for 30 seconds to gently bathe the area of the mouth where you had your operation. Continue this with each mouthful until the mouthwash is all gone.

Carry on using a mouthwash until the soreness settles.

Can anything go wrong afterwards?

You may experience some bleeding at home, but a small amount of blood in your saliva is normal. If this happens roll up the pad of gauze that we have given you and dampen it off with some cool boiled water, then put it against the area that is bleeding and bite down on the gauze for about 20 minutes. If the bleeding doesn't slow down and stop, contact the department via the telephone number on the back of this leaflet.

Should I do anything else?

If you have been given antibiotic tablets, make sure that you finish the course as this will prevent infection.

If you have stitches inside your mouth they may take up to a few weeks to dissolve.

The stitches in your skin will need to be taken out after 5 days. Unless you are advised otherwise by our team, these stitches will need to be removed by a nurse. This will normally be carried out by one of the nurses at your GP practice.

Your nurse today was:

.....

Your doctor today was:

.....

Your consultant is:

.....

If you need to contact the department please call the maxillofacial department, Queen Elizabeth Hospital Birmingham on: **0121 371 5594**.

Outside normal working hours call **0121 627 2000** and ask the switchboard operator for the doctor on call for maxillofacial surgery in the Emergency Department (A&E) at Queen Elizabeth Hospital Birmingham.

Ear, Nose & Throat and Maxillofacial Outpatient Department
Queen Elizabeth Hospital Birmingham, Mindelsohn Way, Edgbaston, Birmingham, B15 2GW
Telephone: 0121 371 2000

Accessibility

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