

Department of Oral & Maxillofacial Surgery

Advice after your surgical procedure

Information for patients

Introduction

You have had a minor oral surgery procedure today, carried out under local anaesthetic. Here is a list of things you can expect and some Do's and Don'ts to help speed up your recovery.

Local anaesthetic

The local anaesthetic is the same as you would have had at the dentist for a filling. You will be numb for several hours and should not eat or drink anything HOT, in case you burn your mouth.

You should avoid very hot things and hard food for the next few days to allow your mouth to heal.

Pain

You may have some discomfort in your mouth when the numbness has worn off. This can be helped by taking some simple painkillers such as paracetamol? if you need it. Anything you would normally take for a headache will be enough. If you were given some painkillers from us you should take these as directed.

You can expect to have discomfort for a few days after your procedure, but you **must** contact us if it gets worse.

Bleeding

It is common to have some blood in your saliva after your procedure. If you think there is a lot of bleeding, the best thing to do is bite on a pack for 20 minutes. You can make a pack from a clean cotton handkerchief or use the swabs you were given from us with this leaflet. If the bleeding doesn't stop, please contact us for further advice.

Stitches

You are likely to have some stitches in your mouth – these are fully dissolving. They may come out after a few days, or they may take up to 2 weeks. This is ok.

Swelling

It is normal to be swollen and have some bruising for a few days after your procedure. This should go down gradually, but you need to contact us if your swelling gets worse.

Mouthwash

START USING THE MOUTHWASH THE DAY AFTER YOUR PROCEDURE: 2 TO 3 TIMES A DAY

It is very important that you keep your mouth clean and allow it to heal. Brush your teeth as best you can twice a day.

You may have been given a mouthwash called **Chlorohexidine**. We recommend using 10ml of this twice a day until your mouth feels better.

Salt mouthwash (1 teaspoon of salt in a mug of hot water and let it cool down) 2 to 3 times a day is also helpful for healing.

If you have dentures, leave them out as much as possible.

Things to avoid

Avoid any strenuous exercise for 24 hours, as this may raise your blood pressure and start the bleeding again.

You should also avoid smoking and alcohol intake for 24 hours, as this will delay your healing.

It is not always necessary for you to have a follow up appointment BUT if:

- You cannot stop the bleeding
- Your pain becomes severe and the painkillers are not working
- You have difficulty opening your mouth
- You begin to feel generally unwell, feverish and your facial swelling is not better

Please contact us on the phone number below for advice:

Contact Information

St John's hospital **01506 523 543** Monday to Friday 9am-5pm

01506 523 000 At night and weekends – Ask to speak to the
Maxillofacial Surgeon on call

St John's Hospital, Howden Road West, Livingston, EH54 6PP

It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment.

www.nhsinform.scot/campaigns/its-ok-to-ask/



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