

Soft tissue surgery post operative instructions

Oral Maxillofacial Unit

Patient information

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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

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

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

Post-operative Instructions following soft tissue surgery

Notes

Pain

- You should not have pain immediately after your surgical procedure due to the local anaesthetic used. This should last for 3 - 4 hours before sensation returns slowly. Care should be taken to avoid rubbing or scratching the area.
- Simple painkillers e.g. Paracetamol, should be adequate to control any pain.
- If there is a sudden increase in pain after a few days please contact the department for advice.

Swelling

- This is common after surgery has been carried out.
- Swelling reaches its maximum approx. 48 hours following surgery.
- Any swelling should resolve 7 - 10 days after surgery.
- Bruising of the face may occasionally occur and can take up to 2 weeks to resolve.

Notes

Bleeding

- If any, this should be minimal by the time you leave the department.
- Blood stained saliva is to be expected for 24 - 48 hours after a surgical procedure.
- If persistent bleeding occurs, roll up a piece of clean gauze, place it over the wound and press firmly for at least 15 minutes.

Oral Hygiene

- Use a warm salt-water mouth wash after 24 hours. This helps promote healing.
- Keep your teeth clean with a soft tooth brush.

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

- If you have stitches (sutures) in your mouth you will be advised if they are dissolvable or need to be removed.

Medication

- Antibiotics are not required routinely, if prescribed, advice will be given in the department.

Follow-up

- If a follow-up appointment is needed you will receive an appointment through the post and the results of your pathology test will be discussed with you.

Exercise/Smoking/Alcohol

- Is not advised following a surgical procedure.

Emergency contact

If you need any further advice, have any problems or feel unwell after your procedure including:-

- Difficulty breathing or swallowing.
- Fever or high temperature.
- Excessive bleeding.
- Severe pain not relieved with pain killers.

Please do not hesitate to contact our department on:

01744 646 730

Between 9.00am and 5.00pm (Monday to Thursday)
9.00am to 4.00pm on Friday

Or Aintree Hospital at all other times on:

0151 525 5980

(ask for the 1st on call Maxillofacial Doctor).