

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 9am and 5pm, Monday to Thursday and 9am to 4pm on Friday)

Or Aintree hospital at all other times on:

0151 525 5980 (ask for the senior house officer on call)

Mr M Dodd
Consultant oral and maxillofacial surgeon
Secretary—Telephone 01744 646 620

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



Mersey and West Lancashire
Teaching Hospitals
NHS Trust

Post operative patient instructions oral surgery

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 بتيسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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 biting the lip or tongue during this time.
- Simple painkillers e.g. paracetamol, should be enough to control any pain.

Dry socket

- This is a condition that may occur post operatively with early disintegration of a clot and infection. It may need packing of the socket with a medicated dressing and may need attendance either at the dentist or the department.

Swelling

- This is common after surgery has been carried out.
- Swelling reaches its maximum approximately 48 hours after 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.

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.
- Do not rinse your mouth for the first 24 hours. This may disturb the blood clot and cause bleeding.
- If persistent bleeding occurs, roll up a piece of clean gauze and place it over the wound and bite firmly over a period of at least 15 minutes.

Oral hygiene

- Use a warm salt water mouth wash after 24 hours.
- Repeat 3 times daily or as and when required. This will help 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, these should dissolve after a period of 7-10 days. Advice will be given in the department.

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.

Exercise/smoking/alcohol

- It is not advised following a surgical procedure.