

Following oral surgery



Will my mouth be swollen?

Yes. It is quite normal for there to be some swelling and discomfort of your face, and you may have difficulty opening your mouth.

How soon will the swelling settle?

The worst swelling will be from 48 to 72 hours after your operation and should go down over the following few days.

What else can I expect?

- If you have had a local anaesthetic, the effect can take two or three hours to wear off. During this time, be careful not to bite or burn your lips or tongue.
- Your mouth will be uncomfortable.
- Some patients have numbness or a "pins and needles" sensation in their lower lip or tongue. If this happens to you, please mention it to your dental surgeon. Normal sensation usually returns within a few weeks.
- You may be able to feel small pieces of bone around your sockets. These usually work loose and come out, but if they cause pain or swelling, please contact the hospital.

Can I take anything for the discomfort?

You will be given advice on the best pain killers to take following your procedure OR you may be given some pain killers to take home with you if necessary.

If you are given antibiotics to take home you should finish the course as directed. If you are taking the contraceptive pill, antibiotics can stop them from working properly. Therefore, you should use an additional method of contraception during the course of antibiotics, and for a week after finishing them.

Can I help to prevent bleeding?

Yes, Don't:

- Rinse your mouth for 24 hours after your operation.
- Take hot drinks.
- Drink alcohol.

If there is bleeding, can I stop it?

Yes:

1. Find the bleeding point.
2. Roll up a clean handkerchief and put it over the bleeding point.
3. Bite firmly on the handkerchief for a quarter of an hour.
4. If the bleeding slows, repeat this pressure pack.
5. If this doesn't control the bleeding, contact the hospital.

How can I keep my mouth clean?

As a clean and healthy mouth will heal more quickly than one which is neglected:

1. Use hot salt mouth baths as often as possible:

Begin 24 hours after your operation, using them two hourly for three to four days, then after every meal for the next seven to ten days.

- a) Take a glass and fill it with water as hot as you can stand.
 - b) Add a teaspoonful of table salt.
 - c) Take a mouthful, and hold it over the operated area for 20 seconds. Then spit it out.
 - d) Repeat this until the glass is empty.
2. Brush your teeth:
Although the operation area will be sore, return to normal brushing of your other teeth 24 hours after the operation.

Smoking

Following your surgery, it is recommended that you do not smoke for a minimum of 24 hours in order to reduce the risk of infection and bleeding.

Date of your surgery: _____

Your named nurse was: _____

If you have any questions or problems within the first week
after your appointment, please contact us on:

01872 253980

Monday to Friday

Outside of these hours please call:

01872 250000

and ask for the on call Max Fax SHO

If you would like this leaflet in large print, braille, audio version
or in another language, please contact the General Office on
01872 252690

