

Following Oral Surgery

Oral Surgery

This leaflet has been written to provide you with some information on what to do and what to expect following oral surgery. If, after reading this, you have any questions regarding any aspect of your care, please do not hesitate to ask any of the medical or nursing staff.

What to expect

Oral surgery procedures can often result in pain (which can be severe for the first 3-4 days), swelling, bruising and stiffness around the mouth, face and jaws. It is normal for these symptoms to last for a number of days. You will have been given some local anaesthetic to numb the site of your operation which can take a number of hours to wear off.

What to do for the rest of the day of surgery

Do

- ✓ Rest
- ✓ Take painkillers regularly
- ✓ Keep to a softer, cooler diet. You may otherwise eat as desired after your surgery
- ✓ Brush your teeth

Avoid

- ✗ Alcohol
- ✗ Smoking
- ✗ Exercise
- ✗ Very hot foods
- ✗ Very hot drinks

- ✗ Very crispy or chewy foods
- ✗ Vigorous mouthwashing
- ✗ Chewing your lip or cheek whilst you are numb

On the day after your surgery

Do

- ✓ Brush your teeth and keep your mouth clean, especially in the area of your operation
- ✓ Continue to take painkillers, if needed. It is common to experience pain, which may be severe, for the first few days
- ✓ Continue to take time to rest, if needed
- ✓ Use a mouthwash – either salt water or chlorhexidine 0.2% mouthwash can be used

Salt water

¼ teaspoon of salt dissolved in one tumbler full of warm water rinsed around the mouth for one minute, every 4 to 6 hours from the day after surgery for 10 days.

Chlorhexidine 0.2% mouthwash

Rinse for one minute, three times a day, after meals from the day after surgery for 10 days.

Using a mouthwash is not a substitute for tooth brushing.

Stitches

The oral surgeon may have put some stitches in your tooth sockets to help prevent bleeding and, unless you are informed otherwise, these will dissolve. This may take up to 14-21 days.

Bleeding

You may have blood stained saliva in your mouth after surgery, this is normal.

If the area bleeds or oozes, this can be controlled with pressure. Roll up a clean cotton handkerchief or swab, dampen it and place over the bleeding point. Apply pressure or bite down on the area for half an hour while sitting in an upright position. Sit quietly in an upright position for a further hour after the bleeding has stopped.

If the bleeding continues or you have any concerns please follow the What should I do if there is a problem? advice at the end of this leaflet.

Orthodontic patients – gold chains

If you have had a gold chain placed onto a tooth, there are certain precautions you should take as we need it to stay in place until a fixed appliance (brace) can be placed on your teeth.

You must avoid anything sticky, chewy or hard such as bubble gum, chewing gum, toffee, caramel, nuts, or wine gums.

If you experience any soreness of the lips or cheeks because the gold chain is rubbing, you

can break off a small piece of soft wax you will have been given, dry that area of your mouth with a handkerchief and place the wax over the gold chain. No harm will come to you if you swallow the wax.

If you have any problems with the gold chain becoming loose or you need more wax, please contact the Orthodontic Department on 01392 402218 or your outside orthodontist, if you have one.

Don't forget to put an old pillowcase on your pillow tonight, as you may dribble!

What should I do if there is a problem?

If you have problems following treatment, please call one of the numbers listed below.

Monday to Friday, 0900-1700 hours

01392 402216

01392 403711

01392 403320

Out of Hours

For emergency advice regarding increasing swelling or bleeding, please contact or visit your GP or attend the Emergency Department.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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