

Oral Surgery

Day Surgery Post-Operative Advice



Date.....

Today you were admitted to the Day Surgery Unit for

You were discharged by

Any stitches you have are dissolvable.

Do not rinse or spit on the day of surgery.

Do not exercise or take part in sports for 48 hours after surgery.

Your mouth will feel numb for at least 3-4 hours after surgery, please avoid biting your lips and the inside of your cheeks.

Ice packs placed against your cheeks is soothing and can help reduce pain.
You may notice some blood staining in your saliva.

If you notice an active bleed then please apply pressure to the bleeding site using the gauze provided, if it doesn't stop after 15-20 minutes please attend RSCH A and E.

It is normal for your mouth to feel swollen and sore over the next few days. If after this it suddenly becomes swollen, painful, if you get a temperature and feel unwell, please go to see your dentist as this is a sign of infection.

Only a soft, cool diet and fluids for the next 48 hours. If you have had surgery on one side of the mouth, eat on the other side. Avoid using a straw.

Starting the day after surgery, dissolve one teaspoon of salt in the glass of warm water. Allow the water to rest in the mouth over the wound for about a minute. Repeat several times a day for 1 week.

Useful Numbers

Clandon Ward 01483 464067

Notes.....

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Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Kimberly Lowden
Version: 2

Department: Surgery
Published: Mar 2020

Review: Mar 2022

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.
 ਜੇ ਤੁਹਾਨੂੰ ਝਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553
 اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر میں اس فون نمبر 01932 723553 پر رابطہ کریں
 Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
 यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553
 Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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