



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.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم 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

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Surgery to the Mouth and Jaws

## Post Operative Information

# Surgery to the Mouth and Jaws

## Post Operative Information

### ON THE DAY OF SURGERY:

#### Rinsing

DO NOT rinse or spit out on the day of treatment as this may cause bleeding. Wait until the following morning to brush your teeth again if the site is sore, but take care and brush gently.

#### Pain relief

- Do expect some discomfort, you may bruise and the area may become swollen.
- If you have been prescribed painkillers and/or antibiotics they can be dispensed at any chemist. Otherwise take whichever painkillers you would normally take for a headache as soon as you can. These may need to be continued for a few days.
- Any regular medications should be taken as per usual.
- If antibiotics are prescribed, the full course must be taken as outlined on the label.

---

#### 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](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

---

**Author:** Alex Creedon

**Department:** Oral and Maxillofacial Surgery

**Version:** 4

**Published:** Apr 2018

**Review:** Apr 2020

## FURTHER INFORMATION

Additional information regarding this procedure can also be found by logging on to <http://www.baoms.org.uk/sitemap.asp?id=20>

Useful web links:

National Institute of Dental and Craniofacial Research  
Patient.co.uk

- Whilst on antibiotics, women on the pill should take extra contraceptive precautions which can be discussed with the pharmacist.
- Pain and swelling should reduce over the period of one week, if either is excessive, please contact the department on the numbers overleaf.

### Bleeding

The site will ooze slightly for the first few hours.

If the operation site starts to bleed:

- sit quietly
- place dampened gauze or clean cotton handkerchief on the wound or socket and bite maintaining pressure for at least 30 minutes.
- If bleeding continues beyond this period, ring the telephone number overleaf for advice.

### Food and drink

Eat soft foods left to cool to room temperature. If you have had surgery on one side of the mouth, eat on the other side. Many patients find cold drinks and foods soothing. DO NOT eat or drink hot food on the day of surgery, this can cause bleeding.

## Smoking and alcohol

DO NOT smoke or drink for 48 hours following surgery.

Smoking can cause a painful infection and is strongly discouraged.

## Exercise

DO NOT exercise or take part in sports for 48 hours after surgery as this can encourage bleeding.

## Stitches

We generally use dissolving stitches which will disappear somewhere between a couple of days and two weeks. Your surgeon will advise if non dissolvable stitches are necessary.

## Numbness

You will be numb for 3-4 hours after your surgery. Be careful to avoid hot things as burning may occur. Avoid biting the lip.

## ON THE DAY AFTER SURGERY

### Warm salt water rinses

These encourage healing and should ONLY start the day after surgery

- Dissolve one teaspoon of salt in a glass of warm water, as hot as is comfortable- NOT BOILING WATER
- Allow the water to rest in the mouth over the wound/socket for about a minute
- Repeat several times in a day to ensure no obvious food particles are lodged in the area.

### Problems

If you have any problems after your biopsy which cannot be dealt with as above then please contact our department on:

**01932 872000** extension **2493** (St. Peter's)  
**01784 884009** (Ashford)

After 17.00 hours or at weekends phone main switchboard at St. Peter's (**01932 872000**) and ask for the oral and maxillofacial doctor on call.