

Day Surgery Unit

Maxillofacial Post-Operative Instructions

For the first **24 hours** after your operation:

- Do not return to work
- Do not eat or drink until the local anaesthetic has worn off
- Do not rinse your mouth until 12 hours later
- No vigorous exercise
- No alcohol

There will be some pain or discomfort which can usually be relieved by taking your usual headache remedy such as Paracetamol or Ibuprofen. Aspirin can be used but there is a slight risk of increase in bleeding.

There is usually a small ooze of blood after extractions and you may notice it on the pillow in the morning for one or two days after your operation.

If there is definite bleeding from the socket you should first apply pressure by:

- Taking a clean cloth
- Roll it up tightly
- Dip it in warm water
- Squeeze it out, then place it carefully over the bleeding socket and bite down on it for 10 – 15 minutes



Patient Information

If you have any problems after your operation please contact Clinic 11, Maxillofacial Department, on 024 7696 4000 and ask to speak to the Maxillofacial Senior House Officer on-call.

You may also have stitches in your mouth. These are dissolvable and generally take up to 14 days to dissolve; if they fall out earlier it is not usually important.

You may be prescribed a course of antibiotics to cut down the risk of developing an infection. It is important to take the complete course, but if you feel that they are upsetting you, please contact the Maxillofacial Unit, your dentist or your doctor for advice.

Careful attention to oral hygiene will help a quick and comfortable recovery. Do not start this until 12 hours after your operation.

All over the counter mouthwashes except Corsodyl should be avoided during the healing stage.

Normal tooth brushing should be resumed as soon as possible.

After any food or milky drinks you should thoroughly rinse out your mouth to remove any food residue. A teaspoon of salt in a tumbler of water is ideal. This should be done at least **five times a day** for at least the **next seven days**.

No matter how careful you are with your oral hygiene as the blood clots in the sockets are broken down, you will often develop an offensive odour on your breath for a day or two. This is a natural process and not a sign of infection.

Further Information

If you need any further advice please contact:

Day Surgery Unit on Telephone 024 7696 6861

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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