

Department of Oral & Maxillofacial Surgery

Advice following surgery to the mouth & jaws

After treatment

After surgery your mouth will be numb for some time until the local anaesthetic wears off. Therefore, you should avoid **hot** drinks and food for at least six hours. Once the anaesthetic has worn off you may experience some discomfort, swelling and bruising. This normally starts to resolve after a few days. It is advisable to take some painkillers (see below) before the anaesthetic wears off.

Oral hygiene

It is very important to keep your mouth as clean as possible, this will help prevent infection. It is advisable to avoid rinsing your mouth for the remainder of the day after surgery as this may dislodge the healing clot and make the wound bleed. The day **after** treatment, start using a medicated mouthwash for example Corsodyl and warm/hot salty water mouth baths. The mouthwash should be used after careful tooth brushing three times a day and the warm salt water mouth baths five times a day, for five minutes each time, for at least five days. You should also gently rinse after eating and last thing at night.

Antibiotics

If you are prescribed antibiotics after treatment it is important to take them as directed and to finish the course, unless there are any unexpected reactions, in which case contact this department or your GP or dentist.

Pain control

Usually, it is only necessary to take simple painkillers such as **Paracetamol** or **Ibuprofen** (Nurofen), following treatment. It is best to take these on a regular basis for the first 24 to 48 hours. You may take ibuprofen between the recommended doses of paracetamol, however, **do not** exceed the maximum dose for each.

Bleeding

A small amount of bleeding and oozing is normal and to be expected from the wound for a few days after treatment. If there is persistent bleeding, roll up a clean handkerchief and place it over the socket/wound and bite or press firmly for 20 minutes. This will usually stop the bleeding.

Sutures

The surgery may require sutures (stitches) in the mouth which are usually resorbable and dissolve after about 10 days to 2 weeks.

Smoking and exercise

Avoid smoking – it impairs wound healing and is associated with infection. We recommend you do not smoke for a couple of weeks at least. Also, avoid undertaking any strenuous activity for 24 hours after treatment.

If you have problems or simply require advice, you may contact:

- NHS Direct
- Clinic 8 (in office hours) on Cambridge 216415 or 216412
- Ward M5 (out of hours) on Cambridge 348525 or 348527
- See your GP or general dental practitioner
- Attend the Emergency Department



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

Authors	Oral and Maxillofacial Surgery
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Publish/Review date	August 2010/August 2013
File name	Advice_following_surgery_to_the_mouth_and_jaws
Version number/Ref	1/PIN2650