**Contact Information**

If there is a sudden increase in pain after a few days, this may indicate infection.

If bleeding does not stop after the advice enclosed has been followed, you may need to be seen by a Surgeon.

**Please contact:**

**Queen Elizabeth Hospital, Kings Lynn**

**Monday to Friday 8.30 am to 5.00 pm:**

**01553 613613.**

**Out of these hours contact**

**Norfolk and Norwich University Hospital, Norwich**

 **01603 286286**

**Ask to speak to the on call surgeon for Oral Surgery.**

Oral Surgery secretary at Queen Elizabeth Hospital Kings Lynn

Name: Rhonda Troughton- 01553 613855

**Oral and Maxillofacial Department**

**Advice following surgery in the mouth**

Oral Surgery and Orthodontics
The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust
Gayton Road, King’s Lynn PE30 4ET
Tel: 01553 613613

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**Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343
**Email:** pals@qehkl.nhs.uk
**Letter:** PALS, The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust, Gayton Road, King’s Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

**What to expect after your surgery**

**Pain / Swelling / Bleeding:**

There should be no pain immediately after the operation due to the local anaesthetic used. This should last 2-4 hours before sensation returns slowly and care should be taken to avoid biting the lip or tongue during this time. Pain and swelling usually tends to be worse on the 2nd or 3rd day but gradually improves over a period of 7-10 days. Simple painkillers such as Paracetamol or Ibuprofen should control the pain. Bruising of the face occasionally occurs and can take more than 2 weeks to resolve. Bleeding should be minimal by the time you leave the hospital. Blood stained saliva is expected for 24-48 hours after the operation.

**Restrictions / Medication / Aftercare:**

Your mouth opening may be restricted for about a week. You may have to eat semi-solid foods for the first couple of days. If you have stitches (sutures) in your mouth these should dissolve and drop out but can take time. Even if the sutures drop out within a day, it is usually not a problem as the mouth has excellent healing capacity. Antibiotics after the operation may be required in some cases. Time off work will depend on your profession and the extent of surgical intervention. It is recommended you rest for the day of the operation but subsequent days are entirely individual. Take your regular medications as normal, unless advised otherwise.

**How to take care of the affected area.
On the day of surgery**

* **Do not** rinse your mouth for the 1st day. This may disturb the blood clot and cause bleeding. If persistent bleeding occurs, roll up a piece of damp gauze / a damp clean handkerchief and place it over the wound and bite down firmly over a period of 20 minutes whilst sitting still in an upright position.
* **Avoid** hot drinks and hot food.
* **Avoid** exercise and heavy lifting. Rest if possible.
* **Do not** smoke or drink alcohol for at least 24 hours as this delays healing and increases the risk of infection.
* If you have been prescribed antibiotics, complete the course as directed.
* Take the first dose of pain killer before the anaesthetic wears off, and continue to take pain relief (if required). Always follow the advice on the package and do not exceed the recommended dose.

**On subsequent days**

* Brush your teeth as normal and keep your mouth as clean as possible.
* Rinse with a warm salt-water mouthwash. The water should be as warm as possible and a spoonful of salt added. Take a mouthful and hold for a couple of minutes before spitting it out. Repeat 4 times daily for 1 week.
* Keep to a soft diet if needed and avoid the affected area.
* Continue to take painkillers if required.