

Instruction after minor mouth operations

Local anaesthetic

As the procedure was carried out under local anaesthetic, do not eat or drink until the effects of the local anaesthetic have worn off. This will take approximately one to two hours.

Smoking

AVOID smoking for 72 hours as this can cause infection or pain. We recommend that you use a nicotine patch during this period.

Stitches

The stitches in your mouth are resorbable and do not need to be removed. They may fall out spontaneously over the next few days or take up to two to three weeks to dissolve. In some circumstances the surgeon may put in non-resorbable stitches. Arrangements will be made with you for these to be removed.

Meals

You may eat or drink whatever is comfortable avoiding nuts, crisps and other grainy foods.

Mouthwashes

The day after surgery start to use warm salty mouthwashes. These should be used frequently in the first few days and consist of a teaspoonful of salt dissolved in a glass of warm water. This will help to keep the area clean and encourage healing. If you wish to use an antiseptic mouthwash, Corsodyl is probably the best. Dilute to half strength with warm water and use twice a day, in addition to salt mouthwashes after brushing.

Toothbrushing

You should gently toothbrush as usual, in areas of the mouth that have not been operated on. Start brushing in operated areas as soon as is comfortable.

Bleeding

There may be small amounts of blood coming from the operative site over the first few days. This is normal. However, if bleeding starts, dampen, and roll the gauze provided into a sausage, place it over the site and bite on it hard for 20 minutes. Should bleeding persist contact the Maxillofacial Unit.

Painkillers

You may require some painkillers. Take these regularly for the first three days and then as required.

Antibiotics

If prescribed take the complete course. If you have any adverse effects, stop taking them and contact your GP or the Maxillofacial Unit who will be pleased to help.

Oral Contraceptive

If you are on the oral contraceptive pill, any antibiotics may reduce the effectiveness and you should use an additional form of contraception for the remainder of this cycle.

Sensation

You may have been warned about altered sensation to your lip or tongue. If this occurs and has not recovered by two weeks after surgery, please contact the Maxillofacial Unit.

If you have any serious concerns regarding your operation, please contact

The Maxillofacial Unit via switchboard:

Conquest Hospital: 0300 131 4500 Ext: 773207

Eastbourne District General Hospital: 0300 131 4500 Ext: 771756

Out of hours, go to your nearest Emergency Department (A&E).

Sources of information

NHS 111

www.nhschoices

Emergency Dental Services

Please do not go to a hospital Emergency Department or your GP with a dental problem. You can get emergency dental care on the NHS if you are registered with a dentist as an NHS patient. Telephone your dental practice.

If you are not registered for NHS dental treatment and think you need emergency treatment outside normal working hours, you can contact the emergency dental service (see below). If you live in East Sussex, contact your nearest clinic:

Clinic	Telephone	Normal opening
Eastbourne	01323 449170	Weekdays 6.30pm - 10.30pm. Weekends and bank holidays 1.00pm - 5.30pm
Hastings	01424 850792	Weekdays 6.30pm - 10.30pm. Weekends and bank holidays 9.00am - 1.30pm
Lewes	01273 486444	Weekdays 6.30pm - 10.30pm. Weekends and bank holidays 9.00am - 1.30pm

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Mr C Surwald, Consultant, Mr M Shastri, Consultant

Next review date: June 2025
Responsible clinician: Lesley Davies
Helen Hemsley

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk