

## MAXILLOFACIAL UNIT

01274 365200

### ADVICE FOR PATIENTS FOLLOWING ORAL SURGERY

1. Keep the mouth clean by brushing the teeth thoroughly. **DO NOT** stop cleaning areas that bleed. Clean the insides as well as the outsides of the teeth.
2. Avoid vigorous mouth rinsing on the day of surgery. The **DAY AFTER** your operation use warm salt mouthwashes several a day. Dissolve one teaspoonful of salt in a tumbler of hot water. Hold this in your mouth for half a minute at a time and rinse out. Continue this a few times a day for several days.
3. If your teeth are wired together, use a “baby” sized toothbrush to clean the outsides of your teeth, together with a mouthwash swished vigorously around the mouth to clean the insides of the teeth.
4. Try to avoid sticky foods and do not eat or drink after you have brushed your teeth last thing at night. Avoid smoking and alcohol.
5. You can expect some pain and swelling (possibly bruising). Take medication as prescribed and if necessary a painkiller such as Paracetamol (Panadol). **DO NOT USE ASPIRIN.**
6. Bleeding will usually have stopped by the time you leave hospital. However, you may experience a slight ooze. If this persists, take a clean gauze or handkerchief, roll it up, place over the bleeding site and apply pressure by biting on it for 10 minutes.
7. If you have a general anaesthetic, you may experience a sore throat and pain or stiffness of the back or chest. This will subside with rest.
8. If you are worried about your post-operative condition, please contact:

**THE DENTAL NURSE**  
**MAXILLOFACIAL UNIT**  
**01274 365200**  
(Monday to Friday 9am to 5pm)

OR

**THE MAXILLOFACIAL SURGEON ON-CALL** via 01274 542200  
(Monday to Friday 5pm to 9am and all weekend)

Bradford Hospitals NHS Trust operates a no smoking policy. Patients are asked not to smoke.

