

Post-operative advice and instructions for patients undergoing surgical procedures

Use a hot salt water bath after meals and last thing at night - more often if you can.

Make the mouth bath by diluting one level teaspoon of salt in a mug of water - as hot as you would drink a cup of tea.

Hold a mouthful in your mouth for about 10-15 seconds, then spit it out and continue in the same way until you have used the entire mug.

- Do not start mouth baths until the following morning
- Do the mouth baths for at least 3-4 days after surgery
- Use your toothbrush as normally as possible
- If antibiotics have been prescribed, please ensure you finish the course
- Do not drink alcohol, or smoke, for at least 24 hours

If bleeding starts, bite firmly on a clean handkerchief or gauze placed over the bleeding point. If the bleeding persists after one hour, please phone the ward for advice.

You may need to control the pain with tablets. If these have not been prescribed, you can use PARACETAMOL or IBUPROFEN, or any medication you would use if you had a headache. Follow the dosage recommended on the packet. It is often best to take painkillers regularly, e.g. 3 or 4 times a day for best effect.

If you need advice or have a problem, please contact:

Maxillofacial Outpatients Department

Telephone 01709 424675 (Monday - Friday 8am - 6pm)

Out of hours contact on-call doctor on 01709 428304

Alternatively, you can contact your own dentist.

If you require this document in another language,
large print, braille, audio or easyread format,
please ask our healthcare providers.

