

## Patient information

# Advice following oral surgery

### Discharge advice

Do not rinse your mouth out for the rest of the day of your operation as this could cause bleeding.

NO hot drinks - it is advisable to drink cool or luke warm fluids for 12 hours after your operation.

You may commence eating normal meals as soon as your mouth feels comfortable.

If you experience any bleeding, place a clean handkerchief/swab on to the site and apply moderate pressure by biting or with a finger for 15 minutes.

You may experience some pain from your operation site - this can be relieved by taking painkillers such as Paracetamol or similar medication as prescribed.

### Day after surgery

It is important to keep your mouth clean and encourage healing by the use of hot salt mouth baths after meals for the next two weeks:

- Dissolve a teaspoon of salt in a glass of hot water
- Allow hot water to rest in mouth over the operation wound or socket
- Repeat several times

### Contact your dentist

- If the operation site becomes increasingly swollen, red, hot and/or produces a discharge - you may have an infection.
- If there is any increase in pain.

There is normally no outpatient appointment unless advised by the nurse or doctor on discharge.

If you require any further advice or information please contact the ward on:

F4      01284 713290

F5      01284 713262

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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