



Royal Berkshire
NHS Foundation Trust

Advice following a general anaesthetic for oral surgery

Adult Day Surgery Unit

Introduction

This leaflet is for the guidance of patients and relatives/friends of patients who have undergone day oral surgery under a general anaesthetic. Please read it before you go home so that you can have any of your questions answered before you leave. If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

After a general anaesthetic

The anaesthetic drug remains in your body for up to 24 hours after your operation and over this period you may feel tired and drowsy. It is essential that you heed the following advice:

- Do not drive a car, or any other vehicles, including bicycles.
- Do not operate machinery or appliances such as cookers/kettles.
- Go straight home and rest quietly for the remainder of the day.
- Have a responsible adult to look after you for at least 24 hours following your discharge from the Unit
- Drink plenty of fluids and eat a light diet, avoiding alcohol.
- Do not lock the bathroom or toilet door. Do not make yourself inaccessible to the person looking after you.
- You may take painkillers such as Paracetamol or Codeine. If you require stronger tablets, these will be provided before leaving the Unit. You may have received a local anaesthetic at the site of the operation – this will wear off in about 1-2 hours so ensure you have pain relief ready when this happens.
- Do not sign important documents or make major decisions for 24 hours after the anaesthetic.
- If you have a problem requiring medical attention after your return home, please contact your GP.

Aftercare advice

- Do not rinse or spit out for the remainder of the day – this may disturb the blood clot that forms in the wound and may cause further bleeding and infection.
- Do not smoke – smoking can cause infection and delay the healing process because it can prevent a clot forming.
- The operation site may start to bleed slightly. If this happens, take a piece of gauze which the nurse will have given you, damp it slightly, then roll it up and place it in the operated area and bite down on it for around 20 minutes. Do this twice if necessary or until the bleeding stops.
- You may have stitches in place after your operation. These are dissolvable and will ‘fall out’ within 10-14 days.
- If you experience swelling after the operation, use an icepack or pack of frozen peas to help decrease the swelling.
- You can brush your teeth as normal from tomorrow, taking care around the wound area.

If you experience any excessive pain, swelling or bleeding, contact the Oral and Maxillofacial Department on: 0118 322 8978. Mon–Thurs 8am–5pm, Friday 8am–1.30pm

For advice out of hours please phone the John Radcliffe Hospital, Oxford on **0300 304 7777** where there is a maxillofacial team on call out of hours.

Advice for relatives/friends

Due to the anaesthetic drugs remaining in the body for 24 hours, it is very common to feel faint after a general anaesthetic. If the patient feels weak or faints, lie them down and place a cushion under their feet to elevate their legs.

- Provide a source of fresh air, loosen their clothes and make sure an adult is with them until they recover. If they are not feeling sick, they should drink plenty of water.

- In the event of the patient continuing to feel faint, please contact your GP for further advice.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622. Fax: 0118 322 8214.

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

The day after the operation

Rinse your mouth out with salt water – mix a teaspoon of salt into a glass of water (as hot as you can tolerate) and rinse your mouth. Do this 3-4 times a day for the next 7-10 days. Alternatively, you can use a non-alcoholic mouthwash.

You may be given a course of antibiotics. Please take them as instructed and ensure you complete the course. Antibiotics may interfere with alcohol and the contraceptive pill.

For information about the Trust, visit www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

Adult Day Surgery Unit, September 2018

Review due: September 2020