



Minor oral surgery procedures under local anaesthetic: Aftercare advice

After your procedure, it is important that you follow the instructions given to you by the nurse. This leaflet will remind you of that advice. This will help prevent bleeding and infection after surgery.

The day of your operation

- **Do not rinse or spit out** – this may disturb the blood clot that forms in the wound and may cause further bleeding and infection.
- **Avoid eating and drinking anything too hot** – everything you eat or drink must be luke warm or cold. Eat a soft diet for around a week.
- **Take it easy for the rest of the day** – avoid any strenuous activity as this will increase your blood pressure and create more bleeding and swelling.
- **Do not drink alcohol** – this can cause more bleeding and swelling as it opens up the blood vessels and disturbs the clot which can cause infection.
- **Do not smoke** – smoking can cause infection and delay the healing process because it can prevent a clot forming.
- **Take painkillers**, such as paracetamol or ibuprofen, following the dosage instructions, before the anaesthetic wears off, and throughout the day – follow the instructions on the packaging. The local anaesthetic should wear off in 1-2 hours on average.
- **Do not take aspirin** or painkillers that contain aspirin; this may cause bleeding. If you regularly take aspirin to control another condition, check with your GP on whether it is ok to continue/stop.

What to expect

Painkillers should be taken for at least 2-3 days. After this time, the operation site should start to settle down.

If you need further advice regarding pain control, ask your local pharmacist or phone the Oral and Maxillofacial Department.

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.

If you experience any excessive pain, swelling or bleeding, contact us on: 0118 322 7139

Monday–Friday 9am-5pm.

Out of hours, please phone 111.

You may have stitches placed 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. Take care around the wound area by brushing teeth gently.

The day after the operation

Rinse your mouth out with either a non-alcohol mouthwash or 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.

You may be given a course of antibiotics. Please take them as instructed and ensure you complete the course.

Antibiotics may react with alcohol and interfere with the contraceptive pill – please read the information sheet that comes with the antibiotics for advice.

Contacting us

Oral & Maxillofacial Department, Tel: 0118 322 7139 or email: rbb-tr.cat1@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Department of Oral & Maxillofacial Surgery, July 2028

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