



**Bradford Teaching Hospitals**  
NHS Foundation Trust

Maxillofacial Unit • Patient Information Leaflet

# Advice for Patients Following Dental Surgery Under Local Anaesthetic



1. Take care until the numbness has worn off, usually after a couple of hours. Be careful not to bite your tongue, lips or cheeks.
2. Do not rinse your mouth or use mouthwashes for 24 hours after your surgery. After 24 hours dissolve one teaspoon of salt in a glass of warm water. Hold this in your mouth for 1 minute at a time and rinse out. You should do this 3 to 4 times a day for 1 week.
3. You may experience difficulty eating hard foods, try a soft diet such as soup and mashed potatoes for a few days.
4. Avoid alcohol and exercise for at least 24 hours, unless advised differently by your doctor.
5. Avoid smoking for at least 48 hours after surgery.
6. You can expect some pain, swelling and bruising. Take your medications including painkillers as prescribed or advised by your doctor.
7. It is normal to have some jaw stiffness. This should continue to improve in the next week or two.
8. Bleeding will usually have stopped by the time you leave hospital. However, you may experience a slight blood loss. 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 30 minutes. You may need to repeat this.
9. Keep your mouth clean by brushing your teeth thoroughly. Clean the insides as well as outsides of the teeth.
10. Do not worry if you feel small fragments of bone. These are the edges of the tooth socket and will disappear as your mouth heals.

11. You may have some dissolvable stitches in your mouth- these can take up to 2 weeks to dissolve.
12. If you are worried about your post-operative condition, please contact:
  - Oral & Maxillofacial Unit 01274 365200 Monday to Friday 9:00am to 5:00pm
  - Oral & Maxillofacial SHO on call via switchboard 01274 542200 - Monday to Friday 5.00pm to 9.00am and all weekend.
  - We use Next Generation Text for people with hearing difficulties. To contact us ring 18001 before either of the above numbers.

## Wristbands

When you are in hospital it is essential to wear a wristband at all times to ensure your safety during your stay.

The wristband will contain accurate details about you on it including all of the essential information that staff need to identify you correctly and give you the right care. All hospital patients including babies, children and older people should wear the wristband at all times.

If you do not have a wristband whilst in hospital, please ask a member of staff for one. If it comes off or is uncomfortable, ask a member of staff to replace it.

## Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

If you need this information in another format or language, please ask a member of staff to arrange this for you.

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