

# Minor Oral Surgery under local anaesthetic

An information guide



# Minor Oral Surgery under local anaesthetic

## Pre-operative advice

Please ensure that you follow the correct advice for local anaesthetic.

## Minor operation under local anaesthetic

- You will be given a local anaesthetic, similar to what you have at the dentist for a filling or extraction.
- Eat and drink as normal, **DO NOT FAST**.
- Do not drink any alcohol for 24 hours before your procedure.
- Take your usual medication as normal on day of surgery.

## Please bring your current medication with you

- If you are on anticoagulants you will already have been given specific instructions.
- If you use inhalers or take medication for angina, please bring them with you when you attend.

Before you go home you will be observed in the department until you are discharged.

Any illness occurring before the appointment should be reported immediately as this may affect your treatment.

- **Do not** drink alcohol 24 hours before your appointment.
- **Do not** wear nail varnish.

Please ask the Nurse if there is anything you are unsure of.

## After your procedure

After your procedure there may be some swelling to your face, discomfort and difficulty in opening your mouth. The facial swelling will be at its worst 48 hours after the operation and should settle down during the following days. However, the operation site will be numb for several hours after your surgery.

## Post-operative care

- **Do not** rinse your mouth out for 24 hours after the procedure, as this prevents clots from forming and the wound will bleed.
- **Do not** smoke as this may increase risk of infection.
- **Do not** take excessive exercise as the area could bleed.
- **Do** have luke warm drinks and soft foods for the first 24 hours following your surgery.
- **Do** clean your other teeth on the night of surgery, but do not rinse vigorously.

**If bleeding occurs, roll up a swab or clean handkerchief, place it over the socket or wound and bite on the swab/handkerchief for approximately 15 minutes.**

## Keeping your mouth clean

It is very important to keep your mouth clean. 24 hours after surgery, start using a warm salt-water mouth wash. These should be used after each meal and before you go to bed.

Please aim for six mouth washes daily for at least ten days. Continue with the mouth wash until the area is healed. Use your toothbrush as normal on your other teeth.

## **Warm salt water mouth wash**

Dissolve  $\frac{1}{4}$  teaspoon of salt into half a cup of warm water (preferably cooled boiled water from your kettle). When the water is pleasantly warm take a mouthful and hold over the operated site for as long as possible. Spit it out and repeat until the cup is empty.

## **Pain**

Take simple pain relief as required. Take your first dose as soon as you can, before the anaesthetic wears off. It is usual for you to feel more pain 3 or 4 days after your procedure, when the swelling has gone down.

## **Stitches**

Dissolvable stitches can take up to three weeks to disappear. If non-dissolvable stitches are used you will be given an appointment to have them removed.

If there are any problems, particularly relating to pain or bleeding, then please contact the Oral Surgery Department you have attended.

### **Oral Surgery Contact Numbers**

Fairfield General Hospital  
0161 778 3640

Rochdale Infirmary  
01706 517140

Royal Oldham Hospital  
0161 627 8537

North Manchester General Hospital  
0161 720 2828

Out of hours/weekends: 0161 795 4567  
**Accident & Emergency/on call Oral Surgery SHO**

**Notes:**



**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

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