

Oral Surgery

Please see overleaf for instructions following General Anaesthesia.

Pain relief

You will be given some tablets to relieve the pain after you get home. It is advisable to take these tablets regularly for the first few days as a small amount of discomfort is easier to manage. If you require more pain killers your GP will prescribe them for you.

Swelling and stiffness

Some swelling or stiffness of the jaw may occur following oral surgery, this should only last for a few days.

Bleeding

If bleeding occurs after you return home you should apply pressure to the socket by biting on a clean handkerchief and rest in an upright position. After half an hour check if there is any active bleeding and if so telephone one of the contact numbers below.

Wound care

You should not brush your teeth for the first 24 hours. After that you should brush your teeth regularly and rinse with warm, salty water. DO NOT use mouth wash unless you have been given a mouth wash by the hospital. If you have been given antibiotic tablets you must take the whole course of tablets.

For the first 24 hours after your surgery you should rest. Exercise and strenuous effort may cause bleeding. You should also avoid hot drinks, hot foods, alcohol and smoking.

Contact Details

If you have problem or concern or you require some advice about your aftercare please use the following contact numbers:

Weekdays (except Bank Holidays) 9.00am to 4.30pm telephone the Oral Surgery Department on **01709 321146**.



Outside of these hours contact Rotherham District General Hospital **01709 820000** and ask for the Oral SHO on call.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident and Emergency Department.

Instructions for Patients following General Anaesthesia

General anaesthesia can affect your co-ordination and movement. You may feel more tired than usual for a day or two and you may not be able to think clearly at times. You should follow the instructions below for at least 24 hours after discharge from hospital.

1. You must rest for the remainder of the day. If you experience any dizziness at home during the first 24 hours - lay down with your legs elevated until the dizziness has passed.
2. You must not drive a vehicle, operate machinery, gas or electrical appliances for at least 24 hours, possibly 48 hours.
3. Do not drink alcohol for at least 24 hours after a general anaesthetic.
4. Do not take tranquillizers or sedatives for the first 24 hours unless you have been told to do so.
5. You will have been given some tablets to relieve the pain after you get home. There may be more than one kind. Take these as instructed.
6. You may eat and drink as normal. If nausea has passed.
7. You should arrange for a responsible adult to stay with you overnight.
8. Increase daily activities gradually, do not do too much too soon.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident and Emergency Department.

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk.

