

# Minor Oral Surgery



Following minor surgery to your mouth you can expect some swelling and discomfort. This can last for some days or up to two weeks.

The following information may be helpful.

## *On the day of treatment*

1. **Avoid** strenuous activity for the rest of the day.
2. **Avoid** smoking and alcohol for at least 24 hours.
3. **Avoid** mouth rinsing for 24 hours.
4. Take care not to burn your lips or tongue, which may be numb for several hours.
5. Simple painkillers can be taken to manage pain.
6. Have a **soft diet**.
7. Blood tinged saliva is **normal** and should be expected. If the wound begins to bleed, a compress (using gauze provided) should be applied to the bleeding point firmly for at least 20 minutes.
8. You may have dissolving stitches in place. It takes up to 14 days for them to dissolve however they may fall out or dissolve before this.

## *The day after surgery and onwards*

Commence the use of a mouthwash. Half a teaspoon of salt can be mixed with warm water and should be held in the mouth, bathing the wound for at least one minute.

Repeat this every 4 hours or after food.

If you worried or anything untoward occurs such as prolonged bleeding or excessive pain or swelling please do not hesitate to contact the Oral and Maxillofacial Department.

Monday to Friday 9am-5pm: 01324 566000. Request to speak to a member of the Oral and Maxillofacial Team on Page 1143.

Outwith these hours please contact NHS 24 on 111 for advice.

### **If you can't go let us know!**

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

**We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email [FV-UHB.disabilitydepartment@nhs.net](mailto:FV-UHB.disabilitydepartment@nhs.net)**

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NHS Forth Valley Administration Offices  
Westburn Avenue, Falkirk FK1 5SU  
[www.nhsforthvalley.com](http://www.nhsforthvalley.com)