

Advice for patients following a dental operation under general anaesthetic

Information for patients



Following your recent surgery, please read the information in this leaflet carefully regarding your post-operative care.

Soreness in the mouth

- There should be minimal pain immediately after the operation due to the local anaesthetic used. Numbness normally lasts for up to 3-4 hours before full sensation returns.
- Pain tends to be at its worse on the 2nd to 3rd day after the procedure and should respond to simple painkillers. It should gradually improve over a period of 7-10 days.
- If there is a sudden increase in pain after a few days, or if the pain is unmanageable, you should contact the department for advice (*details at the end of this leaflet*).
- If you have been given any of the following medication for pain during your stay with us, the nurses will circle the name below and write down when it is safe to take the next dose.

• PARACETAMOL - next dose after

• COCODAMOL - next dose after

• IBUPROFEN - next dose after

Please follow the instructions on the packet/bottle.

Do not exceed the dose in a 24-hour period.

Bleeding

- This should be minimal by the time you leave the department.
- Blood stained saliva is to be expected for 24-48 hours after the operation. It should be swallowed as normal.
- Do not rinse the mouth for the first day. This may disturb the blood clot and cause bleeding or poor healing.
- Avoid poking the wound with your tongue.
- If persistent bleeding occurs from the wound, roll up a piece of clean gauze and place it directly on the wound and bite firmly for a period of at least 20 minutes. This should allow a new blood clot to form and stop the bleeding, repeat if necessary. If bleeding still persists, contact the department. *(see number at the back of the leaflet)*

After-care following an anaesthetic

You should not be left alone or drive, drink alcohol, look after children, operate machinery, sign legal documents, return to work or use a gas or electric cooker for at least 24 hours. Children should not return to school or play unsupervised for the same period. As a result of your general anaesthetic, you may experience soreness of the nose or throat. These should subside within a few hours.

Keeping your mouth clean

- The day after your treatment, use a warm boiled salt-water rinse. The water should be as warm as possible and a Teaspoon of salt added. Rinse gently with a mouthful and hold it still for a minute before spitting out.
- Repeat the rinsing four times daily, most importantly after meals. This will help healing.
- Keep your teeth clean with gentle tooth brushing if possible after 24 hours. Tooth brush bristles can be softened under a hot water tap.

Diet

- Your mouth opening might be restricted for about a week due to swelling around the operation site.
- Eating semi-solid food should be possible.
- Use your own discretion and gradually start eating normally according to your own pace.
- Avoid alcohol for at least 24 hours after your general anaesthetic.
- Avoid smoking for as long as possible.

Swelling and bruising

May occur following surgery and can take up to seven days to subside, using a cold compress may help to reduce swelling.

Stitches

If you have had stitches, these will dissolve in 2-4 weeks.

To contact us in an emergency/advice

Normal working hours (Monday - Friday 8am - 5pm)

Telephone the Dental One Day Unit on **0113 343 6216**

Outside normal working hours

Telephone the Leeds General Infirmary on **0113 243 2799** and ask for the Max Fax on call doctor. Explain the nature of the problem and inform them of the time, date and place of your operation.

Leeds Dental Institute switchboard contact number

Telephone: **0113 244 0111**

Notes

Dotted lines for note-taking.



What did you think of your care?

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