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University Health Board

Information for Patients Care of the Mouth after a biopsy under Local Anaesthesia

Maxillofacial & Oral Surgery

Care of the Mouth after a biopsy under local Anaesthesia

1. **Do not rinse your mouth for the rest of the day** it may start the socket bleeding.
2. **Do not bite the numb areas of your mouth** and do not smoke until the numbness has gone.
3. **For the rest of the day take things quietly.** Take only cool non-alcoholic drinks. Eat a soft diet.
4. **To stop bleeding**, apply pressure with gauze swabs or folded handkerchief for 10-15 minutes.
5. **Oral hygiene is important.** Provided bleeding has stopped, start mouthwashes the **next day**. Dissolve a teaspoonful of common salt in a tumbler full of warm water and use as a mouthwash. Do this after all meals. **Do not** rinse vigorously. Use your toothbrush in areas of the mouth away from the surgical site.
6. Discomfort and slight swelling may be expected for a few days. **Pain killers may be taken if required.**
7. The stitches in your mouth are dissolvable, but they can take up to 60 days to disappear.
8. Your follow up appointment will be in _____ days. **Please make appointment at the desk on leaving.**

Inform the department by telephone if you have:-

- Persistent bleeding
- An increase in swelling or pain
- Any other cause for anxiety

Remember, the Maxillofacial Surgery Team are here to help.

If you have any problems please ring the following numbers:- 01633 – 238372 or out of hours the 'on call' Maxillofacial SHO on:- 01633 - 234234