

## **Care of the mouth after minor surgical operations (e.g. Apicectomy) under local Anaesthesia**

1. **Do not rinse your mouth** for the rest of the day.
2. **Do not bite the numb areas of your mouth** and do not smoke until the numbness has gone.
3. Try not to lift the lip (to have a look) for the first few hours.
4. **For the rest of the day take things quietly.** Take only cool non-alcoholic drinks. Eat a soft diet.
5. **If bleeding starts**, apply pressure with gauze swabs, for at least five minutes.
6. **Oral hygiene is important.** Provided bleeding has stopped, you should 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 wound.
7. Discomfort and slight swelling may be expected for a few days. **Pain killers may be taken if required.**
8. If you have had a sedative injection into your arm as part of your treatment, do not drive, go out unaccompanied, or carry out any activity involving risk (e.g. boiling a kettle) for at least 24 hours.

### **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