



Supporting our Smokefree Trust

In order to look after the health of our staff, patients and visitors, we ask you politely not to smoke while you are on the hospital grounds.

If you would like support and advice to quit smoking, our Pharmacy shop on the main corridor can help you with further information, so just pop along and have a chat with a Pharmacy stop smoking advisor.

Alternatively, the following Advice and Services are available to you:

Stockport Stop Smoking Service, ABL Health
stockportwellness@ablhealth.co.uk | **0161 870 6492**
For confidential stop smoking advice and support.

NHS Choices & National Smokefree Helpline
www.nhs.uk/live-well/quit-smoking | **0300 123 1044**

Stop Smoking Midwife
Contact our Hospital Switchboard on **0161 483 1010**
and ask for the Stop Smoking Midwife

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	Self-care
	Unwell? Unsure? GP surgery closed? Need help?	NHS 111
	Diarrhoea. Runny nose. Painful cough. Headache.	Pharmacy
	Vomiting. Ear pain. Stomach ache. Back ache.	GP surgery
	Choking. Chest pain. Bleeding out. Blood loss.	Stepping Hill Hospital A&E or 999 Emergencies only

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:

Patient and Customer Services

Tel: 0161 419 5678 **Email:** PCS@stockport.nhs.uk

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ORAL SURGERY POST OPERATIVE INSTRUCTIONS

MAXILLOFACIAL DEPARTMENT

Patient Information Leaflet

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY

You have undergone a surgical operation on your mouth. Consequently, you will experience a degree of discomfort and swelling.

You may experience some pain. Normal painkillers such as Paracetamol or Ibuprofen should relieve this. Do not exceed the manufacturers recommended doses and always read the manufacturer's instructions before taking medicines.

Hot foods and drinks, alcohol and vigorous exercise will start bleeding from the wounds and should be avoided for at least 24 hours. Try small amounts of food at a time; soft foods are best. Also smoking should be avoided, to allow healing.

Avoid mouthwashes for 24 hours. 24 hours after your surgery gently wash your mouth with warm salt water. Do this every 2 - 3 hours and after meals (use a teaspoon of salt in a mug of water). The mouthwash should be held over the wounds and not swished around the mouth.

A clean mouth is an essential feature to help the wound heal quickly and with as little pain as possible.

WHAT SHOULD I DO IF THE WOUNDS BLEED AGAIN?

Roll up a clean gauze or handkerchief into a tight roll, place it on the bleeding spot and bite firmly for 20/30 minutes. Tissue paper should be avoided. Repeat a second time and if unsuccessful you should call the appropriate telephone number or go to A & E at Wythenshawe Hospital where our Doctors are on call.

If you are concerned about your condition following this operation, please contact the Maxillofacial secretary at this hospital between 9.00am - 5.00pm Monday to Friday, or telephone the Out Patient Booking Team for an urgent oral surgery appointment due to post-operative problems using the contact details below. You can also contact your own Dentist.

Contact our Hospital Switchboard on:

0161 483 1010

And ask for one of the following:

***Maxillofacial
Out Patient Booking Team***

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

