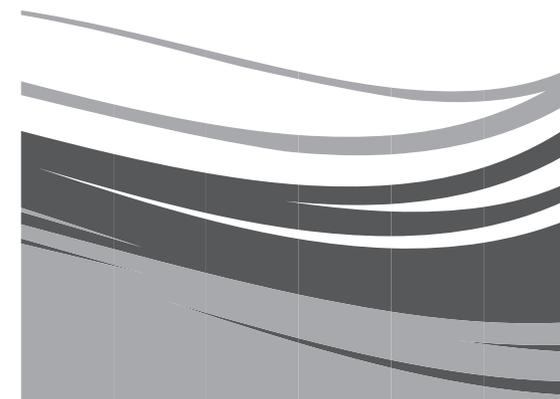


## Instructions for Patients Attending for a Mouth Procedure

Regional Services Directorate  
Queen Elizabeth University Hospital  
1345 Govan Road  
Glasgow G51 4TF  
☎ 0141 201 1100



We have given you an appointment to attend for a minor procedure in your mouth. This procedure will be carried out under local anaesthetic, and you may need dissolving stitches.

## **On the day of treatment**

Please avoid alcohol 24 hours before your treatment.

Please attend with a clean mouth.

Take all routine medicines unless we tell you otherwise.

Please allow plenty of time for travel to the hospital and parking.

The procedures are relatively quick, but you may need to spend a few hours in the department.

## **After your treatment**

Avoid hot fluids, alcohol, hard foods and cigarettes.

Avoid strenuous exercise for 24 hours.

Your lips and tongue may be numb, be careful not to bite or burn them.

Taking a mild painkiller (e.g. Paracetamol) can relieve any pain and soreness. You should take these regularly for 3 days.

Should the wound begin to bleed, apply a compress (a clean cotton towel is ideal). Place this on the bleeding point and bite firmly on it for 10 minutes or longer if necessary.

If you are at all worried, or if anything untoward occurs, such as prolonged bleeding, excessive pain or swelling, please phone the hospital.

## **Contact Details**

### **Neurosciences Treatment Room**

Telephone: 0141 201 1983 (Monday to Friday 9.00am to 4.30pm)

All other times please telephone 0141 201 1100 and ask for the Maxillofacial on call Doctor or NHS 24 on 111.