

Laser Treatment of Mouth & Nose Lining—Discharge Advice

Patient information - Otolaryngology (Ear, Nose & Throat) Dept.

What is laser treatment?

Laser treatment uses light energy to vaporise tissue, allowing superficial areas of tissue to be removed.

The treatment can often be carried out under local anaesthetic.

Appearance

- Initially the treated area may look brown and slightly charred.
- After 48 hours it will have a white coating (slough).
- The slough then separates off, leaving a pink, raw area that heals in 7 to 10 days.

Wound Care

Saltwater mouthwashes (1 teaspoon of salt dissolved in a glass of warm water) or nasal washes help to clean the area.

Pain Relief

Expect mild discomfort as there is very little damage to adjacent tissue.

Paracetamol (tablets or syrup), taken 4 to 6 hourly for 24 to 48 hours, is usually all that is required for pain. Do not exceed the recommended dose.

Do not take Aspirin or Disprin for pain relief as these can cause bleeding.

Precautions

No hot drinks or food until local anaesthetic has worn off, then usual diet as tolerated.

Wear dentures as soon as comfortable.

Complications

If you experience any excessive pain, please seek medical advice from your GP or through the contact details on this pamphlet.

Follow up

It is important to attend any outpatient appointments that you receive.

Contact Details

Christchurch Hospital

ORL(ENT) Outpatient Department

Telephone: 364 0985

Hours: Monday–Friday 8.00 am–5.00 pm

Ward 21 (Children's Ward)

Telephone: 364 0210

Adult ORL Ward

Telephone: 364 0640 and ask for ENT ward

Day Surgery Unit

Telephone: 364 4034

Hours: Monday–Friday, 7.00 am–7.00 pm

1st floor Christchurch Women's Hospital

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high quality ORL services to
the people of
Canterbury and beyond**

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- hospital and specialist services, go to www.cdhb.health.nz