

## Post Operative Instructions following Oral Surgery

### What to Expect:

**Some pain/discomfort** after the numbness wears off. This should subside in a few days with the aid of painkillers.

**Possible swelling in the area** - Some swelling may occur depending on the amount of treatment you have had - Using ice packs 1-2 days after surgery will help minimise swelling faster.

**Bleeding in the area** - For up to 12 hours after the operation you may experience mild bleeding or oozing from the area - we will provide extra gauze for you to bite on if you feel the area is still bleeding.

### What to do immediately after surgery:

- ◆ Start taking any antibiotics or painkillers prescribed to you by your dentist. If no medication is prescribed, painkillers such as Panadol, Panadeine or Nurofen may be taken to minimise discomfort.
- ◆ You may be biting on gauze to help with bleeding. Keep biting on this for the next 30min at least. After 30min, take it out and throw it away. If you feel the wound is still bleeding take another gauze pack, place it on the extraction area and bite firmly for 30min. DO NOT fall asleep with gauze in your mouth.
- ◆ Do not spit out or rinse excessively as a blood clot is forming in the socket and if you spit or rinse you are disturbing the blood clot and it will increase the healing time and possibility of bleeding.
- ◆ For the first 1-2 days following the procedure (including the day of the procedure) use an ice pack on the side of your face for 10 minutes every 30 minutes. This will help minimise swelling.
- ◆ Do not participate in any vigorous exercise following your appointment, rest as much as possible. If you have been prescribed strong painkillers (e.g. Panadeine Forte), refrain from driving a vehicle or doing any strenuous activity.
- ◆ Avoid smoking for as long as possible after the procedure. Smoking can delay healing.
- ◆ Eat something soft and cold as soon as the numbness wears off or when you feel comfortable. Avoid hot and hard things, including tea and coffee. These may hurt the area or cause you to burn yourself without knowing.
- ◆ Be careful not to bite or chew your lip when you are still numb as you may cause damage and traumatise the area.
- ◆ Avoid drinking any alcohol for a few days. Alcohol can delay healing.
- ◆ Avoid drinking through a straw as this can dislodge the blood clot early on.

### For the remainder of the healing period:

- ◆ Take any prescribed antibiotics for the whole course
- ◆ Brush your teeth carefully being mindful of the wound.
- ◆ Starting only on the day following the surgery, start rinsing with warm salty water using a teaspoon salt in a glass of warm water 3-4 times a day for about 5 days. Be sure to rinse after meals and before bed.
- ◆ Take it easy for the next few days, allow your body to rest and recuperate.
- ◆ If dissolvable sutures were placed in the surgical area, they will dissolve in 7-10 days.
- ◆ If they do not dissolve, phone the practice and we will arrange a time to remove them for you.
- ◆ If other sutures were placed, we will require you to return 7-10 days after your appointment for us to remove them.

### If you are experiencing any problems:

- ◆ If you are experiencing any bleeding, take the gauze pack you received and place it over the wound and bite down for 30min. If bleeding persists, please give us a call. It is normal to wake the following day with blood on your pillow – this is usually only because you couldn't swallow all of the blood-stained saliva at night.
- ◆ If the pain/swelling continues after 2-3 days, please give us a call.

**Phone Number: (07) 5546 9710**

**Calling after hours?**

**Leave a message asking for a call back and one of our friendly staff members will give you a call as soon as possible**