

POST-OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY

1. BLEEDING

Light oozing is to be expected, as is salivary discolouration.

If the bleeding persists, keep a mouth pack (gauze) in place with firm biting pressure for at least 15 minutes and change the mouth pack until bleeding ceases.

Avoid sucking or spitting as this will prolong bleeding.

DO NOT RINSE the mouth on the day of operation.

2. ORAL HYGIENE

Meticulous oral hygiene promotes rapid healing and reduction in discomfort. Gentle mouth rinsing is essential after the first post-operative day.

The following mouthwashes are recommended at least **three times daily** for one week.

- a) Chlorhexidene 0.2% (Savacol, Oral B Plaqacide)
Use 5ml mouth rinse in 5ml water.
- b) Warm salt water: 1 teaspoon salt to a glass of warm water.

3. DISCOMFORT/PAIN

A prescription for analgesics will be given. Please take as directed. Discomfort should decrease appreciably after 2-3 days with a resultant decrease in the need for analgesics.

4. SWELLING

This is a normal response, usually reaching a peak 24-48 hours following surgery. It often varies from one side of the face to the other depending on the degree of surgical difficulty encountered. The swelling will start to subside 4-5 days post-operatively.

Ice packs may be applied frequently in the first 12 hours post-surgically to help minimise swelling.

Limitation of mouth opening may accompany swelling and will subside along with any swelling. Bruising may appear as the swelling starts to subside.

5. REST

It is advisable to have bed rest for at least 24 hours post-operatively. Do not lie flat in bed but prop your head up with a couple of pillows. Do not exert yourself during this period (first 24hrs).

6. DIET

Your diet will be restricted to fluids and soft foods for the first couple of days. Normal fluid intake is essential.

7. MEDICATIONS

Antibiotics and analgesics will be prescribed. Please take as directed.

8. SUTURES

Dissolving sutures will be used in most cases. These will fall out or dissolve in the healing phase (2-4 weeks).

9. AFTER SEDATION OR GENERAL ANAESTHETIC

We strongly recommend that you return home accompanied by a responsible adult and rest.

For the following **24 hours please** avoid:

- ◆ Driving.
- ◆ Cooking.
- ◆ Operating machinery.
- ◆ Signing legal documents.
- ◆ Travelling in a taxi (unless you are accompanied).
- ◆ **Avoid alcohol and smoking for at least 3 days following surgery.**

10. RETURNING TO SCHOOL/WORK

Depending on the type of surgery and occupation advice will be given accordingly. A medical certificate can be provided upon request.

11. OTHER PROBLEMS

Difficulty swallowing, sore throat and muscle pain may be the result of the anaesthetic technique employed and should only be temporary.

12. SPECIAL PRECAUTIONS

If any of the following occur please contact us on 4655 3705 or your doctor or report to the casualty department of a hospital near you.

- ◆ Persistent bleeding.
- ◆ Increasing or persistent pain after 3-4 days.
- ◆ Increase in facial swelling after the first 48 hours.
- ◆ Persistent nausea or vomiting.