

Instructions after Oral Surgery

- Medication** Take post-operative medication as prescribed. Finish **all** antibiotics unless you develop a rash, feel nauseous or have any other sensitivity reaction.
- Anaesthetic** Whilst your mouth is **numb** be careful not to bite your cheek, lip or tongue. The numbness will wear off over several hours.
- Bleeding** A sterile gauze pack will be placed over the site to limit bleeding and allow clotting to occur. Leave this in place for 30 minutes maintaining firm pressure, remove and discard. Only use the spare packs if there is further bleeding. Heavy post-operative bleeding is very rare.
- Swelling** Any swelling that is going to occur should subside over several days. Applying a cold gel pack intermittently to the face for several hours following your procedure will help to reduce the level of swelling.
- Eating** Keep to a soft diet for the first few days and chew away from the site. Avoid hot liquids as they can promote bleeding. Gradually re-establish your normal diet as comfort levels allow.
- Rinsing** Do not rinse vigorously as this may disturb the blood clot making you more susceptible to infection. **After 24 hours**, gentle rinsing with warm salt water 4-5 times a day for the next week will promote healing.
- Stitches** If you have had stitches placed they will dissolve in approx. 5 days.
- Oral Hygiene** Brush and floss as normal but take care in the surgery site.
- Pain Relief** Take Panadol or Nurofen as required if no specific analgesics have been prescribed. Avoid heavy doses of any analgesics and do not take alcohol at the same time.
- Smoking** Where possible do not smoke for 24 hours after your surgery and limit/reduce smoking for as long as possible.
- Contact** Phone the surgery on the above number.