

POST OPERATION INSTRUCTIONS FOLLOWING ORAL SURGERY

Wound Care

If a gauze pack has been placed over an oral wound, bite firmly on the pack until you arrive home and then remove it gently. Do not smoke for 12 hours because this will promote bleeding and interfere with healing.

Bleeding

Some blood will ooze from the area of surgery and is NORMAL. You may find a bloodstain on your pillow in the morning. Avoid spitting or sucking through a straw, since this promotes bleeding. If bleeding begins again, place a rolled up Gauze Square or a clean handkerchief directly over the tooth socket and bite firmly for 30 minutes. Keep your head elevated with several pillows or by sitting upright for the first 12 hours. Avoid strenuous activity for the first day, and if you feel dizzy lay flat and take plenty of fluids.

Discomfort

Some discomfort is NORMAL after surgery. It can be controlled but not eliminated by taking the prescribed or over-the-counter medication. Tablets should be taken as directed on the packaging usually with a small amount of water or food. Do not drive or drink alcohol while taking prescription medications.

Swelling

Swelling after surgery is a NORMAL body reaction. It reaches its maximum about 48 hours after surgery and lasts for 4 to 6 days. Icepacks may be applied over the area of surgery for the first 12 hours to make the area more comfortable.

Bruising

You may experience some mild bruising in the area of surgery. This is a NORMAL response in some people and should not be a cause for alarm. It will disappear in 7 to 14 days.

Stiffness

After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is NORMAL and will improve in 5 to 10 days.

Stitches

Dissolving stitches are usually used and last 7 - 14 days. If they become loose and bothersome they can be grasped and removed by yourself after 7 days. If you have had an exposure of a buried tooth you may have a dressing over the site that will need to be removed in 1 to 2 weeks.

Infection

Infection is UNCOMMON but possible in any wound. It will be noticed by an increase in discomfort and swelling or presence of discharge from the wound after the 3rd or 4th day, and may need further treatment.

Rest

Avoid strenuous activity for 12 hours after your surgery. Some nausea is normal after surgery & usually settles with antacid drinks such as ENO or DEXAL. Occasionally vomiting may occur after a general anaesthetic and is best managed by bed rest and drinking clear fluids. If vomiting persists, call me.

PROBLEMS

After carefully reading the above information, please CALL ME if ;

- You experience excessive discomfort that you cannot control by your tablets.
- You have bleeding that you cannot control by biting on gauze.
- You have increasing swelling after the third day following surgery.
- You have a temperature greater than 38 degrees (use a thermometer).

**** Any problems or enquiries please telephone the central rooms on (03) 9509 5111 or for after hours assistance please call your treating surgeon. Andrew Bridgeman 0407 127 287 or Bernard Lim 0402 120 118**

DO NOT contact your dentist or doctor first **