



WOOD STREET SPECIALISTS

SURGICAL & MINOR ORAL SURGICAL POST OPERATIVE INSTRUCTIONS

DISCHARGE/HOME

- Do not spit or rinse your mouth on the day of surgery, it is advisable to wait 24hrs before you start gentle mouth rinsing. 24 hrs after your surgery, start using a medicated antiseptic mouthwash such as Colgate Savacol, or a mouthwash that contains chlorhexidine. Gently rinse/bathe your mouth at least three times a day, especially after meals. You can alternate the mouthwash with warm salt water rinses, which you can make up with a glass of warm water and a teaspoon of salt.
- Continue to brush and floss your teeth daily as you normally would, avoiding the surgical sites.
- Your mouth will most likely be quite numb for the first 24hrs, in this time, avoid hot foods and liquids and be careful not to bite your lip or cheek.
- If you have been advised of a sinus involvement, avoid blowing your nose, musical instruments, or using a straw for the first and second weeks following surgery.
- Do not smoke, as smoking can increase the chance of infection or a dry socket.
- Avoid alcohol as it will thin your blood and cause your surgical sites to bleed.
- Avoid strenuous exercise/contact sport/swimming for at least the first week after surgery.
- Expect your saliva to be somewhat stained with blood, however, if you have persistent bleeding, this should be able to be controlled by applying pressure, biting down firmly on gauze for 20 minutes.
- Swelling and bruising are normal after surgery and usually increases over the first 2–3 days and then will start to resolve over the course of a week. Swelling can be reduced by using ice packs on the side of your face for 20 minutes on and then 20 minutes off. Continue icing for the first 24–48 hours. Also, minimize swelling by keeping your head elevated on 2 pillows for 3–4 days. Bruising will go away over the course of 1–2 weeks.
- Sutures will be used to close your surgery site, they will dissolve on their own but can sometimes take up to 3-4 weeks. Ensure you are rinsing the areas to keep them as clean as possible, before they have completely dissolved.

YOUR POST OPERATIVE REVIEW AT WOOD STREET SPECIALISTS HAS BEEN BOOKED FOR:



PAIN

DO NOT TAKE YOUR PAIN MEDICATION ON AN EMPTY STOMACH

For pain relief, take regular Panadeine Forte 1-2 tablets every 4-6 hours. If additional pain relief is required, and you have no previous issues with Nurofen/ibuprofen, Nurofen can also be taken as directed whilst taking Panadeine Forte.

The best way to keep strong pain under control is to take pain relief regularly, as directed by your Doctor or Pharmacist.

DIET

Have small regular meals, of the normal foods you like to eat, just a softer version for example;

- Scrambled eggs
- Omelette
- Mashed potato/veg and gravy
- Over cooked pasta and sauce/spaghetti bolognaise
- Minced meats
- Yoghurts, smoothies, custard
- Soups (not too hot for first 24hrs)

Do not skip meals and ensure you maintain your fluid intake with water and/or hydrolyte.

NAUSEA/VOMITING

This may occur following a general anaesthesia and can also be from taking strong pain medication. If nausea and vomiting continue or develop when you return home, stop all food until you are hungry, then commence with small sips of water or hydrolyte.

To avoid damage to your stomach lining, ensure you eat something before continuing to take pain relief.

If the nausea and vomiting continue, or you cannot control the vomiting, contact your surgeon or anaesthetist and they may be able to prescribe some anti-nausea medication.