

Patient Instructions: Instructions Following Oral Surgery

Discomfort:

You may have discomfort after the anaesthetic wears off. Most discomfort can be controlled with a mild analgesic. Ibuprofen [600 mg] every 4-6 hours and/or Paracetamol 500mg every 4-6 hours are usually sufficient. A prescription for a strong analgesic may be used as directed and only if necessary, usually Panadiene Forte (Paracetamol with codeine) or Endone (Oxycodone).

Bleeding:

Do not be concerned if traces of blood are noted in the saliva for several hours. It is not unusual to have some slight bleeding, however you should not experience blood flowing uncontrollably. If the site continues to bleed, you may bite on a piece of gauze with constant pressure for twenty minutes. If bleeding does not stop, repeat biting down on a new piece of gauze for 30 minutes. If this fails to cease the bleeding, seek attention by calling the practice or seek attention of a medical professional or emergency department.

Bleeding can be avoided by not rinsing your mouth for the first 24 hours following extraction, keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by avoiding smoking, which delays healing and irritates the gums.

Swelling:

In some cases, swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for twenty minutes on and twenty minutes off for the first 3-4 hours following surgery. [Ice cubes in a plastic bag work as nicely as an ice pack].

Oral Hygiene:

After surgery it is important to keep your teeth and mouth as clean as possible. Beginning the day after surgery, warm salt-water rinses [a teaspoon of salt mixed with half a cup of warm water] can be used several times a day. Continue normal oral hygiene in other areas of your mouth throughout the healing.

Antibiotics:

Antibiotics may be prescribed depending upon the surgical procedure. It is important that they are taken as directed.

Anti-inflammatories:

Dexamethasone may be prescribed depending upon the surgical procedure. It is important to take them as prescribed in the morning for 3 days, then a half dose in the morning for 3 further days.

Nutrition:

Maintaining an adequate diet after surgery is important. Chew on the opposite side of your mouth and avoid extremely hard or spicy foods. Select foods that provide nourishment with little chewing. Avoid the use of straws whilst drinking to prevent bleeding.

Post-Operative Appointment:

You may be seen for a post-operative appointment 10-14 days following surgery.

Call Reception – [38703333](tel:38703333)