

## Post-operative instructions - Oral Surgery

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### 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.

### Nausea

Occasionally nausea may occur after a general anaesthetic and is best managed by bed rest and drinking clear fluids. Nausea can also be caused by narcotic based medications such as Panadeine Forte or Endone. If vomiting persists, call me.

### PROBLEMS

Please call me on **0488 988 317** if:

- Bleeding that cannot be controlled by biting on gauze as per the above instructions
- Increased swelling after the third day post surgery
- Your pain cannot be adequately managed with the prescribed pain medication or your pain fails to settle significantly 3 days post surgery.