

Post operative instructions

All patients booked for teeth extraction and/or dental implant surgery will receive a copy of the following post-operative instructions prior to discharge from the day hospital.

If you have any concerns after your surgery, please do not hesitate to contact our 24 hour emergency on call service to speak to a surgeon:

08 8232 3525

General post operative information

It is important to note that the anaesthetic drugs given to you throughout your surgery will be acting in your body for the next 24 hours and these may make you feel a bit sleepy and forgetful. These effects slowly wear off, but it is important that for the next 24 hours you:

- **DO NOT** drive a motor vehicle (not even to the local shops);
- **DO NOT** travel alone by public transport;
- **DO NOT** operate or use machinery;
- **DO NOT** drink any alcohol (including beer);
- **DO NOT** make any important decisions or sign important papers;
- **DO NOT** engage in sports, exercise, heavy work or heavy lifting.

Upon leaving the hospital you must be accompanied by a responsible adult. You must not travel alone after having anaesthetic sedation, regardless of how well you may feel.

Following surgery it is normal to have pain and swelling around the surgical site. The swelling normally increases for the first 36 hours and then subsides over 5-7 days. You may also experience bruising. The stitches that are used are generally dissolvable unless advised otherwise.

You should also monitor your IV Sedation site in the days following surgery for any pain, tenderness, redness or swelling. You should immediately contact our hospital staff to discuss should you have any concerns.

Pain / Nausea

Effective pain relief can be achieved by using over the counter medications regularly.

It is recommended for **adults** that you take both:

2 x Paracetamol 500mg tablets (Panadol® or Panamax®), and

2 x Ibuprofen 200mg tablets (Nurofen® or Brufen®)

Dosage: 4-6 tablets in a 24 hour period. These tablets can be taken together or you can take two (2) paracetamol tablets, then 2-3 hours later two (2) Ibuprofen tablets.

You can also purchase Maxigesic® from your local chemist, which combines both paracetamol and ibuprofen in a double-action formulation for fast and effective relief of pain and fever.

Recommended dosages for **paediatric patients** (children) will vary to adults and you should refer to the specific medication packaging for instructions.

WARNING: Do not take Ibuprofen if you are allergic, have certain types of asthma reflux or gastric ulcers.

A prescription for stronger pain relief tablets may be also deemed appropriate and be provided to you in recovery. These tablets can contain either a narcotic or codeine and can possibly cause some symptoms such as nausea, vomiting, sleepiness and or constipation. To minimise this, medication should be taken with food. Prescription medications should only be taken as directed by your doctor / pharmacist.

WARNING: If you are prescribed Panadeine Forte® then you should only take these. You **SHOULD NOT take these as well as (in addition to) Paracetamol / Ibuprofen.**

Bleeding

A small ooze of blood or minor bleeding is expected and common for the first 12-24 hours after surgery.

If bleeding is heavy and persistent:

- Gently rinse out your mouth with cold water;
- Place a clean damp gauze pack or similar over the bleeding area and bite firmly/apply direct pressure to the area for 20-30 minutes or until the bleeding has subsided;
- You can also apply an icepack (or ice in a zip-lock bag) to the outside of your face where surgery was performed as this can help reduce bleeding;
- It is very common to have some bleeding overnight, so it is useful to place a towel on your pillow to stop the blood soaking through to the pillow. Best rest with the head slightly elevated will also assist to minimise bleeding.



WARNING: If bleeding persists or is severe, please contact our hospital staff immediately.

Swelling

Apply an icepack (or ice in a zip-lock bag) to the outside of your face where surgery was performed as this can reduce swelling. As tolerated for 15 minutes on and 15 minutes off for first 36 hours. After this time the swelling should decrease and subside over a 5-7 day period.

Mouthcare

Oral Hygiene is very important and promotes rapid healing.

Commencing the day after surgery:

- Do not brush or rinse your mouth until the next day as this may disrupt healing;
- Gently brush teeth with a soft toothbrush (not hard). It is recommended not to use an electric toothbrush; and
- Gently rinse your mouth for 30 seconds with either warm salty water or alcohol free mouthwash following each meal, morning and night and also before going to bed.

How to mix salt water rinse:

This can be made at home using ½ teaspoon of salt mixed with 1 cup (8oz / 250ml) of warm water.



Alcohol free mouthwash examples:



Diet

Your diet will need to be restricted to fluids and soft foods initially. A gradual return to a normal diet is recommended after the first day following surgery.

PLEASE NOTE: That limitation of mouth opening normally follows oral surgery and returns to normal during the healing.

If you have any questions about your post operative requirements, please do not hesitate in contacting the hospital nursing staff to assist you.