



Instructions and Suggestions following ORAL SURGERY

1. Some pain and swelling should be expected. You can reduce discomfort and help healing by adopting the following measures:
2. To reduce **swelling**, apply covered ice packs to the side of the face on and off every half an hour for at least six hours (the longer the better). Sucking ice cubes or sipping iced water are good if you feel thirsty.
3. If there be **excessive bleeding**, take the gauze pad supplied, place over the bleeding area and apply firm pressure for at least 20 minutes.
4. Take any **antibiotics** prescribed. Live Yoghurt (containing Acidophillus) can be taken about two hours after the antibiotics can reduce gastric symptoms. It is also important to understand that antibiotics can reduce the effectiveness of oral contraceptives.
5. For **pain relief** start with Aspirin or Nurofen, separately or together. If this is insufficient try Panadeine or Nurofen Plus. Be careful not to exceed the recommended daily dose of any analgesics. Panadeine Forte needs a prescription and can be used before bed to reduce the pain while sleeping.
6. **Rest** for the first 24 hours, but do not lie flat - prop yourself up with pillows in bed or in a chair with your feet elevated. Protect any bed linen as it may become contaminated with blood tinged saliva.
7. A liquid to soft pureed **diet** is required for the first 5-7 days. It is important to have plenty of fluids e.g. fruit juices, sweetened milk drinks, **Sustagen** or **Ensure** (available from your chemist), can provide a complete liquid diet.
8. Should you feel **nauseous**, stop all food and drink and sip only flat lemonade until the sick feeling passes. Gradually resume eating with a bland diet (e.g. rice, SAO biscuits).
9. If the nausea continues control it with **Phenergan Syrup**, which is also a mild sedative. It can be purchased from a pharmacy without a prescription.
10. **Do not drink alcohol** in the first 24 hours, as it will encourage bleeding.
11. **Do not smoke** for at least 48 hours following the extraction. Smoking delays healing and increases the risk of a 'dry socket'.
12. **Avoid heavy exercise for the first 24 hours** as a rise in blood pressure will increase or prolong bleeding.
13. Apply **Vaseline** lightly to the lips for the first three days.
14. **Salt water mouthwashes** should commence the day following surgery. Use one teaspoon of salt in a pint of warm water - rinse the mouth out vigorously and force the water between the gums and teeth and



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around the operation site several times. Continue for two weeks as often as possible. Cleaning the mouth is most important to minimise the possibility of infection occurring.

15. After eating and before bed, clean the teeth and gums with a small toothbrush and toothpaste. This may cause some discomfort but a clean mouth prevents bad breath and infection.
16. 5ml of 0.2% **chlorhexidine** (available from your pharmacy) mixed with 5ml of water can be used three times daily after meals to complement brushing and the salt water mouthwashes.
17. If any **problems** arise from the surgery or medications please contact us at the practice on 02 9262 9318
18. **Medical certificates** can be provided at the post-operative appointment.