

POST-OPERATIVE INSTRUCTIONS:

The following instructions are important to follow to ensure you minimise the risk of complications and help with a quick recovery:

PAIN:

- It is normal to experience some pain following your surgery. Your anaesthetist will prescribe you pain relief to take home. This should be commenced on the day of the surgery prior to the local anaesthetic wearing off.

RINSING & CLEANING:

- To avoid complications there should be no rinsing within the first 12 hours.
- Savacol (Chlorhexidine based) mouthwash can be purchased from the chemist or supermarket, and is far more effective than other mouthwashes. Begin using the day after surgery, 4 times a day for 2 weeks. Rinse for 1 minute. Warm salt water washes (a glass of warm water with 1 teaspoon of salt) may also be used 4 times a day in between Savacol rinsing.

SWELLING & BRUISING:

- Swelling typically peaks on the second day after surgery. This is normal and does not usually represent infection. If you are concerned please call our clinic on 9250 8844
- Following surgery, an ice pack can be applied to the area for ten minutes every hour for the first 8 hours.
- After twelve hours, similarly heat packs can be applied in a similar way and can be very effective
- If the swelling does not subside after three days then please contact the surgery

BLEEDING:

- To reduce bleeding, do not eat or drink anything hot today. When lying down, prop extra pillows behind your head. Keep your head relatively higher than your heart.
- You may have gauze in your mouth. Leave the gauze in place for 30 minutes. If bleeding continues, then replace this with 1 or 2 pieces of square gauze. The gauze should be folded and placed over where the tooth or teeth have been removed. Bite down for 30 minutes and rest in a seated position. Compression is what stops the bleeding.

SUTURES:

- The sutures in your mouth are dissolvable and will fall out in a few days up to 3 weeks.

OTHER:

- NO SMOKING FOR 1 WEEK AFTER SURGERY AS THIS MAY CAUSE AN INFECTION.