

## POST-OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

### Oral Hygiene:

- ❖ **DO NOT** rinse or spit for 4 hours after the procedure, to prevent the risk of bleeding.
- ❖ **DO NOT** brush your teeth for 24 hours after the procedure, to minimise the risk of bleeding & dry socket.
- ❖ **BRUSHING:** Commence gentle soft brushing of teeth 24 hours after the procedure, to reduce the risk of infection.
- ❖ **RINSING:** After 24 hours commence rinsing with chlorhexidine mouthwash (obtainable from a chemist – brand name “Savacol” or other) or warm salt water mouthwashes (½ teaspoon salt in a glass of warm water). Rinse vigorously every 3 to 4 hours, especially after eating, to prevent the risk of infection.
- ❖ **SYRINGE FLUSHING:** We have included a curved tip syringe in your post-operative bag. The syringe is used to flush food and debris from the extraction site especially the lower extraction areas. Fill the syringe with chlorhexidine mouthwash or warm salt water then insert the curved tip of the syringe into the extraction hole and push the liquid through the syringe so that the food and debris will be flushed from the site. The syringe flushing should be performed after meals and continued until the wound site is completely healed and closed over.

### Smoking and Alcohol:

- ❖ Avoid smoking and drinking alcohol for at least 48 hours to prevent the risk of infection and to reduce the risk of bleeding, dry socket, infection and directly delay the healing process.

### Rest:

- ❖ For the first 48 hours you should rest and relax with no strenuous activity to prevent bleeding, swelling and pain.
- ❖ Usually sports should not be resumed for at least 1 week post-operatively.
- ❖ Musical wind instruments should not be played for at least 7-10 days after most oral surgery.

### Diet and Fluids:

- ❖ Soft diet and adequate fluids intake should be taken at room temperature. No chewy or hard foods for the next 4-5 days after surgery. This is to minimise pain and to reduce the risk of bleeding.

### Bleeding and Swelling:

- ❖ The saliva may be tinged with blood for a few hours. If frank (excessive) bleeding occurs, fold up a small piece of gauze or material, place over the operation site and apply pressure by biting, discontinue mouthwashes and rest in a sitting position.  
If bleeding persists, contact our rooms on 8814 7474 during business hours.
- ❖ Ice packs may be applied for 20 minutes on and 20 minutes off for up to 12 hours, to help reduce swelling, promote comfort and relief of pain.
- ❖ Rest but do not lie flat – prop yourself up with pillows into a semi-sitting position in bed.

### Pain Management & Medications:

- ❖ You may be given a prescription for pain relief and antibiotics. Take your pain relief medicine regularly during the first 24 hours after surgery. Take the full course of any antibiotics prescribed.

**If you have any questions concerning these instructions, please contact us on 8814 7474 during business hours.**