

## **POST-OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY**

### **Oral Hygiene:**

- ❖ DO NOT rinse or spit for 2 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.
- ❖ Warm salt water mouthwashes (1 teaspoon salt in a glass of tolerably hot water). Rinse vigorously every 3 to 4 hours, to prevent the risk of infection.
- ❖ Use a chlorhexidine mouthwash first thing in the morning and last thing at night (obtainable from a chemist – brand name “Savacol” or other), to prevent risk of infection.
- ❖ Commence gentle soft brushing of teeth 24 hours after the procedures, to reduce the risk of infection.

### **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.

### **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 medicine regularly during the first 24 hours after surgery. Take the full course of any antibiotics.

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