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ADVICE FOR PATIENTS LEAVING HOSPITAL AFTER ORAL SURGERY

Whilst you are recovering from your surgery the following information is provided to facilitate your recovery and maintain comfort after the operation:

Post Operation

When you wake up in the recovery room you may have a pack in your mouth for you to continue biting onto until a nurse removes it before you are taken to the ward.

Pain and Medications

When the local anaesthesia wears off you should expect to have pain and discomfort. Take medications prescribed by your doctor otherwise take Panadol, Panadeine or Nurofen unless you are allergic to it. Do not take Aspirin as it aggravates bleeding. Analgesics/pain medicines (such as codeine, oxycodone) commonly cause constipation so high fibre intake or fibre supplementation is recommended during recovery.

When prescribed antibiotics by your doctor, please take regularly as instructed.

Oral Hygiene

No spitting, rinsing and teeth brushing the day of the surgery. Start brushing the teeth and rinsing your mouth 24 hours after surgery. Rinse your mouth with warm salty water or chlorhexidine mouthwash 3-4 times a day and by filling the syringe with warm salty water or chlorhexidine mouthwash to flush out debris that gathered in the extraction sockets. The syringe flushing should be performed after meals and continued until the wound site is completely healed and closed over. The best way to prevent infection and ensure healing is to keep your mouth clean.

Swelling

When you are at home try to rest your head elevated on at least 2 pillows and sit upright, also apply ice packs for the first 12-24 hours, applying it to the cheeks for 20 minutes and removing it for 20 minutes alternatively helps to reduce swelling and also relieve pain.

Numbness

Local anaesthesia is often administered during your operation and this may persist until the next day, so do not worry if your lips or tongue feel "numb".

Diet

Please avoid hot liquids and foods until the numbness has worn off. Drink plenty of fluids and soft cool foods that require little chewing that are easily tolerated for the next 3-4 days.

Smoking

Please try not to smoke after surgery as it tends to slow the healing process and may also contribute to infection and prolonged discomfort.

Bleeding

If bleeding persists bite firmly with rolled or folded gauze for at least thirty (30) minutes until the bleeding stops. Do not drink alcohol as this aggravates 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.