

Post Operative Instructions to Patients Regarding Oral Surgery:

It is important that you carefully read and adhere to the following postoperative instructions.

- Leave the gauze pack(s) in place for **30 minutes** after you leave the surgery.
- If after removing the gauze pack(s) there is still some bleeding, replace with the fresh gauze pack(s) and bite down firmly for a further **30 minutes**. Repeat if necessary.
- It is quite normal to have a little blood in your saliva in the first few hours following surgery. If however you are concerned that there is excessive bleeding that has not been controlled by biting on the gauze packs provided please contact the surgery 54414438
- You should have **nothing** to eat or drink for the first **2 hours** following surgery.
- On the day of surgery **avoid vigorous rinsing** of your mouth.
- On the day following surgery you should **gently rinse** your mouth with warm salty water. You should do this first thing in the morning, last thing of an evening and after any meals. Continue this until healing has occurred.
- Avoid excessively hot/cold foods for the next couple of days.
- It is important to rest for the remainder of the day. If you lie down keep your head elevated with a couple of pillows. If you require a certificate for time away from work/school please ask.
- Use ice packs as frequently as possible in the first 24 hours to help minimise swelling.
- If you have been given a prescription for antibiotics it is important that you take them as directed. If you have any queries ask your pharmacist.
- I recommend that you take **Mersyndol** for pain relief. It is advisable to take some before the local anaesthetic wears off. This is available from your pharmacist. A prescription is not required.
- **Avoid smoking.** Smoking adversely affects healing.

I will call you on the day following surgery to check on your progress.