

Oral Surgery Post Op

This information is provided to help you through the post-operative period. Please read the following carefully and feel free to call Dr Hadjipetrou if you have any questions after having read this brochure.

PAIN:

A prescription of analgesics (and antibiotics, if indicated) will be given to you prior to leaving the hospital/clinic. Take them as directed.

REST:

You should rest at home for the rest of the day. Do not lay flat, but rather lying with your head elevated by a couple of pillows. During this rest period have placed around your jaw ice packs, keep these ice packs around the jaw for as long as possible over the next 3-4 hours to minimize swelling.

BLEEDING:

Bleeding should be well controlled with sutures. These are self-dissolving over the next 1-2 weeks. Light bleeding is to be expected as the anaesthetic wears off. Avoid forcibly spitting out or sucking it as this will make the bleeding worse. If you notice any unusual bleeding apply a rolled gauze pack over the bleeding area and BITE FIRMLY for 30 minutes. If bleeding continues rinse mouth with cold water to rinse away blood clots from the mouth and reapply fresh gauze pack for a further 30 minutes. Repeat if bleeding persists. Should bleeding continue, call Dr Hadjipetrou.

FOOD:

Avoid hot foods or drinks the first day. You may have a liquid meal the same day or evening and subsequently soft foods as tolerated.

ORAL HYGIENE:

After your first meal lightly rinse your mouth with hot (as tolerated) salty water i.e. 1-2 teaspoons of salt to a glass of hot water leave in your mouth for half a minute before spitting it out. Do this at least after each meal for 1-2 weeks and additionally throughout the day every 2-3 hours. Brush your remaining teeth gently as tolerated.

ACTIVITY:

Avoid sporting activity for a period of at least two weeks.

PROBLEMS AND PRECAUTIONS:

If any unusual problems arise call Dr Hadjipetrou on the after-hours number. Post-operative complications such as infection are uncommon and arise very rarely. If in doubt about the progress of recovery and especially if you notice:

- 1) Increase in pain after the first three or four days
- 2) Swelling increasing after the third day and no improvement from first day
- 3) Foul odour unrelieved by oral hygiene or if you notice discharge from wounds.
- 4) Persistent nausea/vomiting. For queries during business hours phone the surgery on 3844 8606 or after hours 0418 190 554