



INSTRUCTIONS FOLLOWING YOUR ORAL SURGERY

1. **DO NOT SMOKE** and avoid *passive* smoking
2. **YOU MUST REST** for at least a day, and avoid excessive exercise for 3-4 days. NSAID's (like diclofenac or piroxicam) can cause kidney problems when taken with vigorous exercise
3. **TAKE ALL YOUR MEDICATIONS**, follow the pharmacist's instructions carefully, and commence your anti-pain medications **before** your local anaesthetic wears off
4. **ABSTAIN FROM ALCOHOL** for at least a day
5. **SOAK** (but **DO NOT RINSE**) **YOUR MOUTH AFTER 24 HOURS** with your prescribed mouth washes and salts. "Coffee hot" water (~38-40 degrees Celsius) mixed with a spoonful of anaesthetic-laced-salt and allowed to "soak" over the surgical area can be very soothing. Only use this method **at least 24 hours after** the procedure. **Vigorous rinsing can lead to loss of blood clot**, and this in turn can lead to *dry socket* or wound breakdown. If you have been advised to use nasal douche, commence this *after* 48 hours from your time of surgery
6. **DO NOT EAT MILK PRODUCTS** until your sutures are removed. Milk, custard, soy and yoghurt can leave a film in your mouth that is difficult to clean without rinsing. Vigorous rinsing may lead to wound opening and loss of clot. Long standing food residue can lead to wound infection
7. **EAT SEMI SOLID OR LIQUID FOOD** Beef broth, minestrone, noodle soups and blended fruit, or you may purchase Enlive (Abbott) or Resource (Novatis) from the pharmacy. These have high nutrition, are low in residue and are easy to swallow without chewing

IN THE EVENT OF BLEEDING

1. REMEMBER **A LITTLE BIT OF BLOOD IN A LOT OF SALIVA CAN SEEM LIKE YOU MAY BE EXCESSIVELY, AND FALSELY BLEEDING**
2. **MOST BLEEDING WILL STOP WITH FIRM BITING** on a soaking material such as rolled gauze, muslin square, or clean handkerchief over the site of the extraction socket, or surgical wound. Be careful in placing your soaking material so as not to open a fresh wound
3. **BE PATIENT, QUIET, AND CALM.** Do not let the advice or experiences of others lead you to an irrational action or panic. Lie down in a quiet room and wait for 30 minutes to reassess whether bleeding has ceased. If bleeding continues, attempt sucking on an ice cube placed directly over the area of bleeding, and then repeat firm biting on a soaking material
4. **IT IS IMPORTANT NOT TO SPIT OR EXPECTORATE** as this often stimulates more bleeding. Try to swallow your saliva after you are sure that you are biting correctly on the rolled soaking material you have placed over the socket

IN THE CASE OF PAIN OR DISCOMFORT

1. Take two Panadol or aspirin or follow the dosage instructions of the prescribed medication given to you
2. With the use of paracetamol (Panamax, Panadol, Herron etc) take two tablets (1gm for adults, or 15mg/kg of body weight in children) every 4 to 6 hours

**DO NOT HESITATE TO CALL THE PRACTICE
FOR ADVICE OR REVIEW IF REQUIRED**

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