

DISCHARGE INSTRUCTION SHEET

GENERAL COMMENTS

Healing after oral surgery occurs quickly in most cases, without any complication, although problems can arise as the mouth must still function (eat, talk, breathe) while healing is taking place. Additionally, the mouth cannot be sterilised so there is always a risk of infection of the oral wound. The most common complications are pain, swelling, infection and bleeding.

To avoid infection and/or injury, please do not place fingers, or any object unnecessarily in the mouth. A small, soft toothbrush should still be used to carefully clean your teeth. Regular mouth rinsing will help keep the wound and stitches clean.

Be careful not to chew or bite your lip or tongue during the initial hours after your surgery, as they may still be numb from the anaesthetic.

It is recommended that for 24 hours after a general anaesthetic, that you do not drive, do not operate machinery and do not drink alcohol.

Any stitches used in the mouth are dissolvable and will start loosening after 1 week and will gradually disappear in about 2-3 weeks. Our team at My OMS will be available to guide you through this time should you be concerned about your post-operative recovery.

PAIN

It is common to experience some pain after surgery and your Doctor will prescribe appropriate medication to help with this. Remember to take these medicines in the usual way and do not apply the drug directly to the wound itself.

All medications have side effects and further information can be found in the drug product's guide. If you do experience a medication related problem, contact your Surgeon or General Practitioner.

Warm heat packs can be applied after day 3 as this will help to control any remaining pain or muscle fatigue. If significant pain persists beyond 72 hours, you should contact My OMS.

SWELLING

Some swelling and/or difficulty in opening your mouth is common but it should begin to subside after 2-5 days. Ice-packs can be applied immediately following your tooth/teeth extractions at home for the initial 24-48 hours following your surgery, as this will limit the amount of swelling and pain. Ice packs should be applied intermittently – 20 minutes on, 10 minutes off. Do not apply the ice pack directly to your face - always wrap in a face washer or cloth first.

During Office Hours – My OMS: 07 3102 6888

After Hours – Dr Howard Cho: 0468 938 817



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BLEEDING

A slight ooze during the initial days after your surgery is quite normal but if bleeding increases it requires attention. The first action is to:

1. Remove any excess blood clots from the mouth.
2. Apply some rolled gauze, bandage or small folded handkerchief to the wound and keep it under moderate pressure. The cloth must be clean and should be dampened. The pack must be placed over the surgical site, if you feel it in between your teeth it has been incorrectly placed.
3. Sit down and maintain the pressure for at least 20 minutes. If bleeding cannot be stopped by doing this, please contact My OMS.
4. Avoid the risk of bleeding by avoiding excessive activity for about 24 hours. Do not lay down flat as this increases the venous pressure in the face and thus the tendency to bleed and swell. Relax, but keep your head elevated (on at least two pillows).
5. Also avoid hot foods or fluids for the first two days as the heat may predispose to bleeding.

INFECTION

New onset pain, or sudden increase in swelling may indicate an infection. Infection can spread or delay healing. If you experience any of these symptoms you should contact My OMS immediately for further care.

Avoid infection by strict oral hygiene:

1. Rinse your mouth gently after every meal to dislodge any remaining food particles. You may use mouthwash or a salt-water mouthwash made by using a teaspoon of salt mixed into a glass of lukewarm water.
2. Maintain your regular brushing habits with a soft toothbrush and use extra caution around the wounds.
3. It is important that you finish the whole script of antibiotics, if prescribed, to you by your Doctor.

NUTRITION

Avoid dehydration by keeping your fluid intake up. Ideally use an electrolyte replacement drink (e.g. Sports drink). Water based ice blocks are also a good method of providing a degree of fluid intake. *Hydralyte* ice blocks can be purchased from most retail pharmacies.

Eat soft nutritious foods such as soft-boiled eggs, soup, mashed potato or fruit juices, even if you don't feel particularly hungry, as regular meals are vital to your recovery. It is normal to experience some nausea or lack of appetite following your surgery.

POST OPERATIVE REVIEW

We realise that everybody has different post-operative needs. Our team at My OMS will be in touch with you during your recovery to tailor a postoperative plan suitable to your needs. At this time we will also organise a post-operative review, if required. Most patients do not require a follow-up appointment after surgery.

This advice is to help you achieve a smooth post-operative recovery. Should any problems arise or you have any questions following your surgery please do not hesitate to contact My OMS, or after hours contact your Surgeon.

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