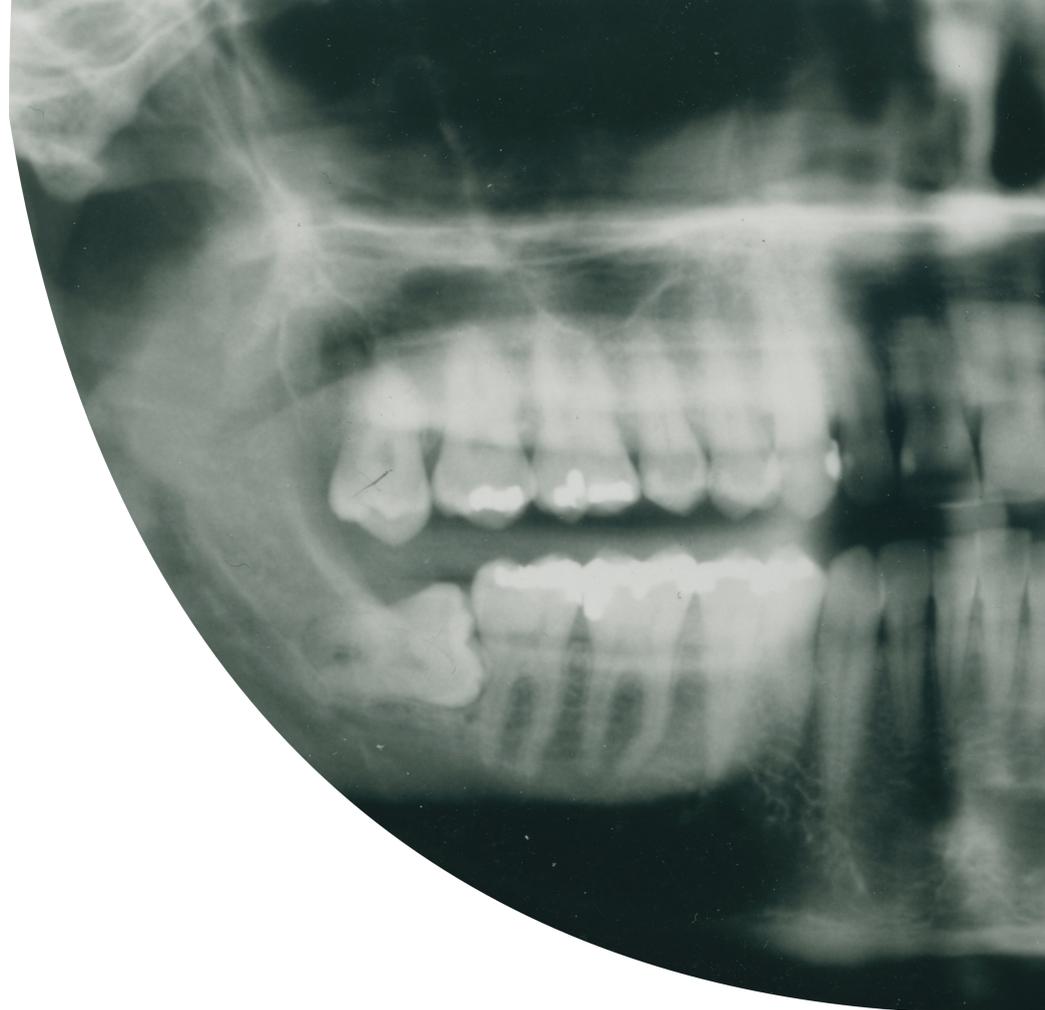


# Dr Anthony J Oliver

Oral & Maxillofacial Surgeon

## Post-Operative Instructions Following Removal of Third Molar & Other Teeth



### **GENERAL RECOVERY**

Following a general anaesthetic and oral surgery, 5-7 days complete rest from normal activities is highly recommended.

When lying in bed, prop yourself up with pillows into a semi-sitting position. This helps to minimise bleeding and swelling.

- **DO NOT** consume alcohol for at least 3 days post-operatively.
- **DO NOT** smoke for 72 hours after surgery as this could delay or prevent the healing of your gums.
- **DO NOT** operate machinery or drive vehicles for at least 24 hours post-operatively.

Minor oozing from the wound(s) inside your mouth is to be expected for a few days post-operatively. This may be seen as blood stained saliva.

**EXCESSIVE BLEEDING IS NOT TO BE EXPECTED.** If this occurs after your discharge from the hospital, follow these steps:

- Gently rinse out your mouth with **COLD** water.
- Place a gauze pack over the bleeding area and bite firmly on the pack for 30 minutes without releasing bite pressure. This may need to be repeated several times with a new pack inserted each time.
- Rest in bed in a semi-sitting position to keep head and shoulders elevated.
- Apply ice packs to the side of the face that is bleeding.
- If bleeding persists after doing all of the above, contact the surgery for advice.

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Some pain, swelling, bruising and jaw stiffness is to be expected following oral surgery. This is quite normal and will resolve within 3-5 days.

You can reduce discomfort and promote optimal healing by adopting the following measures:

## **POST-OPERATIVE CARE**

### **1 METICULOUS ORAL HYGIENE**

Commence the following hygiene the DAY AFTER surgery. Perform it after every meal, and on waking in the morning and before going to bed each night.

- a. Clean your teeth and gums carefully with the small, soft 'baby' toothbrush provided to you.
- b. You will find a **Monoject syringe** in your post-operative bag which is to be used from DAY 3 ONWARDS to help with removing debris from your lower (**not upper**) surgical sites - should you feel the need.
- c. Rinse your mouth gently with:

#### **EITHER**

Warm, salty water: dilution = one-half level teaspoon of salt in 250ml (1 metric cup) of water,

#### **OR**

Curasept Mouth Rinse – provided to you.

**IMPORTANT NOTE:** Oral hygiene is the most important aspect of after surgery care, and it is crucial for uncomplicated wound healing. It is important you strictly maintain your oral hygiene for the entire duration of wound healing, which is estimated to take 6-10 days.

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## 2 ICE PACKS

These need to be applied to the side of the face for the first 12-24 hours after surgery. The ice packs will help to minimise swelling, bruising and discomfort.

The following sequence is the most effective:

Apply the ice packs to the side of the face for 20 minutes, remove for 20 minutes, and then keep repeating this process continuously throughout the day.

## 3 DIET

Do not consume foods or liquids that are very hot for the first 48 hours post-operatively as this can cause the surgical sites to bleed more.

A soft, non-chew diet and liquids are recommended for the first week after surgery.

## 4 POST-OPERATIVE MEDICATION

You will be prescribed antibiotics (to prevent infection), analgesics (to reduce pain) and anti-inflammatories (to minimise swelling). These need to be taken as prescribed on the packet to achieve maximum effect.

**If an allergic reaction develops (itchiness or a red rash), cease the medication immediately and contact our practice as soon as practical to arrange for an alternative.**

FEMALE PATIENTS PLEASE NOTE: some antibiotics may interfere with the effectiveness of the oral contraceptive medication. Please check with your family physician.

If you are at all concerned about your post-operative progress, please contact our office for assistance.