



Post-operative Instructions for adults and children over 12 years

1. Analgesic tablets: Panadeine forte™, Nurofen™, Panalgesic™, Panadol™, Mersyndol™ or digesics should be taken for pain. Prolonged use of strong painkillers can lead to constipation, nausea, and drowsiness.

The pain will generally be its worst day 3-5 after the operation and then settle. During this time, please take regular pain relief prescribed by your surgeon or anaesthetist.

IF SEVERE PAIN PERSISTS CONTACT OUR ROOMS

2. **You must not drive whilst taking strong painkillers.**
3. Bleeding. Some bleeding after minor oral surgery is NORMAL.
If severe bleeding occurs:
 1. Clear mouth of clots
 2. Apply a small pad of clean gauze or handkerchief to the bleeding area and bite firmly for 40 minutes, replace if necessary.If bleeding continues please contact our rooms. This problem is usually one of annoyance rather than concern.
4. Mouth rinses (1 teaspoon of salt in warm water), need to be commenced 24 hours after surgery and continued every 4 hours until you can brush your teeth normally. Try to brush the rest of your teeth normally after surgery.
5. Swelling is maximal 48 hours after surgery, ice packs will reduce your swelling and pain during the first 24 hours. Swelling will usually resolve by the 4th or 5th day.
6. Difficulty in opening your mouth and chewing will generally last for 5-7 days, gentle stretching of your mouth will aid recovery.
7. A soft diet is usually required for a few days postoperatively.
8. You should restrict yourself to light duties for a few days following a general anaesthetic. A medical certificate will be provided upon request.
9. Following a local, IV sedation or general anaesthetic you should not drive or operate heavy machinery, drive a vehicle or sign any contractual documentation for at least 24 hours after your procedure.

Should you have urgent concerns after hours you may contact Mr. Graeme Wright on 0411489777, Assoc. Prof Arun Chandu on 0417 559 887, Kush Patel on 0431819659

