

# POND SQUARE DENTAL

## Post Surgical Care Instructions

You have just undergone an intra-oral surgical procedure. The purpose of these instructions is to allow for proper healing of the surgical site and to keep swelling and discomfort to a minimum.

### Local Anaesthetic

You have been given a local anaesthetic resulting in numbness. This numbness should wear off within a few hours. Please be careful not to drink hot fluids as you may scold yourself. Further please be careful not to bite your cheeks, lips or tongue.

### Swelling and Pain Control

After the procedure you may experience some discomfort, swelling and jaw stiffness. Some swelling after surgery is quite normal. You can help reduce any swelling by applying an ice pack (a bag of frozen peas will do) to your face over the area where you had surgery. The ice pack should be kept in place with firm constant pressure for 10 – 20 minutes, and then removed for 5 minutes, allowing the area to re-warm. Repeat this routine for the next 2 – 4 hours. No more ice packs should be used after the first 24 hours.

Prop yourself up with a couple of pillows while watching TV or sleeping during the first 24 – 48 hours after the surgery.

Most pain and jaw aching start when the feeling returns to your mouth. Start taking pain relief medicine while you are still numb, ideally using paracetamol and neurofen in tandem. Use slightly warm water to swallow any medication. During the first three days after surgery, you should take pain relief medicine as per the manufacturer's instructions while reassessing the situation on the fourth day.

### Bleeding

Following surgery, a gauze pack will be placed over the wound. Steadily, light pressure should be applied for 30 minutes. This allows for a blood clot to form. Some oozing of blood during the first 24 – 48 hours is normal. You will probably notice the colour of your saliva is pink or red. If your mouth is filling with blood then use the gauze packs given to you (or a clean handkerchief), fold it into a pad, moisten it, and place the pad directly over the area that is bleeding and apply light pressure for about 45 – 60 minutes.

### Hygiene

Please do not rinse your mouth or spit repeatedly for the rest of the day as this may cause bleeding and delayed healing.

The day after the surgery, use Corsodyl and Peroxyl mouth rinses twice daily – in the morning and before you go to bed. Leave an interval of at least 30 minutes between using mouthwash and toothpaste.

In addition to the Corsodyl, you can also bathe the area of surgery 3-4 times daily with a salt water solution. The solution should be made by placing one teaspoon of salt water in a small cup of boiled water, which you should allow to cool (to warm) before using.

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It is very important that you brush your teeth twice daily using a soft toothbrush, including teeth and gums near to but not at the surgical site. If essential, you may clean the more tender areas using a clean cotton bud and toothpaste. Make certain you gently clean the stitches otherwise harmful bacteria may build up, with a possibility of delayed healing or infection as a consequence.

## **Diet**

You should have a soft food diet for 5 – 6 days following the surgery. If you have no natural teeth a liquid only diet may be consumed for the first six days following surgery followed by mashed food for the following six days,

Old dentures may not be worn until adjustments have been made. Insertion of dentures too early may delay or affect wound healing.

## **Antibiotics**

If antibiotics are prescribed, they should be taken as per prescription.

## **Stitches**

Your dentist will advise you on whether you need to have your stitches removed or not.

## **Finally**

Do not smoke for at least 48 hours following surgery – smoking significantly delays healing and may cause implants to fail altogether.

Do not be tempted to check out our handy work and avoid touching the wound as this may lead to infection.

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