

POND SQUARE DENTAL

INFORMATIONAL LEAFLETS

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 scald yourself. Please also 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, then removed for 5 minutes to allow the area to rewarm. 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 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 ibuprofen 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 and reassess the situation on the fourth day.

Bleeding

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

LOVE YOUR SMILE

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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 surgery, use Corsodyl and Peroxyl mouth rinses twice daily – in the morning and before bed. Leave at least 30 minutes between using mouthwash and toothpaste.

In addition to **Corsodyl**, you can also bathe the surgical area 3–4 times daily with a saltwater solution for up to 5 days. Make the solution by dissolving one teaspoon of salt in a small cup of boiled water, allowing it to cool to a warm temperature before use.

It is very important that you brush your teeth twice daily using a soft toothbrush, including the teeth and gums near (but not at) the surgical site. If necessary, you may clean the more tender areas using a clean cotton bud and toothpaste. Make sure to gently clean the stitches; otherwise, bacteria may build up, leading to delayed healing or infection.

Diet

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

Old dentures should 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 directed.

Working out

You can resume usual working out activities 1 week after your procedure.

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Stitches

Your doctor will advise you whether you need to have your stitches removed.

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 our hard work or touch the wound, as this may lead to infection.

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