



Oral & Facial Surgery Specialists

## Postoperative Information Following Oral Surgery

### Rest, Eat & Drink

After any operation it is important that you rest quietly at home. It may take up to five days to regain your normal energy levels. During this time avoid physical exercise, as this may delay your recovery. Because your mouth will be sore, eating soft foods for the first couple of days will make things more comfortable. It is better to have smaller quantities of food more frequently, rather than large meals. It is very important to drink plenty of fluids during your recovery period.

### Smoking

Please DO NOT SMOKE for at least 7 days following your procedure. Smoking is a cause of delayed healing, wound breakdown, dry socket and infection.

### Swelling

You can expect some degree of facial swelling for up to 7 days after the procedure. Swelling usually peaks on day 3 after the procedure then begins to resolve. Applying an icepack to the side of the face for the first 12 hours after the procedure (20 minutes on, 20 minutes off) may help reduce the swelling. Bruising, and jaw stiffness is also expected.

### Pain

Your mouth will be sore for some time after your operation. You may have been prescribed pain relief by your surgeon. Panadiene Forte, is a commonly prescribed pain killer that contains Codeine which may cause drowsiness, nausea, and constipation. Do not drink alcohol, drive or operate machinery while you are taking these medications. Nurofen (ibuprofen) is a very effective pain relieving medication which can be purchased without a prescription. Because it is an anti-inflammatory it can cause nausea and abdominal discomfort if taken on an empty stomach.

*NOTE:* Nurofen (ibuprofen) may not be appropriate for people with asthma, gastric or heart conditions. If you are unsure, please check with your surgeon.

### Antibiotics

Oral antibiotics may have been prescribed. It is important that you complete the course. Some antibiotics may cause nausea and diarrhoea.

*NOTE:* Certain antibiotics may negate the effect of the oral contraceptive pill, and hence there is an increased risk of pregnancy while on the antibiotics and for 7 days after the antibiotics have been ceased.

### Bleeding

Surgical wounds in the mouth may ooze small quantities of blood for several hours after your procedure. The amount often looks substantial as it is mixed with your saliva. DO NOT ACTIVELY SPIT. Spitting will encourage bleeding. If bleeding is a problem, place a gauze pack or a clean handkerchief over the surgery site and exert pressure with your finger, or your teeth for half an hour. Keep your head raised during the recovery period. It is a good idea to sleep on an extra pillow.

### Sutures

You may have sutures in your mouth, which will dissolve within three weeks.

### Mouthwashes

It is important to keep your mouth as clean as possible to encourage good wound healing. It will be difficult for you to use a toothbrush for the first few days and the best way to keep the mouth clean is by using a mouthwash. Dissolve a teaspoon of salt in a glass of warm water, and rinse gently for 1 minute at a time. A mouth wash containing chlorhexidine is a good alternative. DO NOT start mouth rinses until 24 hours following your procedure. Mouth rinsing should be done after every meal for up to four weeks after your operation.

### Contact

For any queries regarding your recovery, call the practice on 02 9601 5111 during business hours.