

Oral Surgery Patient Postoperative Instructions

It is important that you carefully read and adhere to the following postoperative instructions.

Bleeding control

Bite on the gauze packs in place for 30-60 minutes after you leave the surgery.

If after removing the gauze packs there is still some bleeding, replace with the fresh gauze packs and bite down firmly for a further 45-60 minutes. Repeat if necessary.

It is quite *normal to have a little blood* in your saliva in the first few hours following surgery.

If you are concerned that there is excessive bleeding that has not been controlled by biting on the gauze packs provided please contact our surgery on [07 3856 2144](tel:0738562144).

You should have **nothing to eat or drink for the first 4 hours** following surgery. Please also avoid vigorous rinsing of your mouth on the day of the surgery.

Pain control

We recommend that you take ibuprofen or paracetamol for pain relief. It is advisable to take some before the local anaesthetic wears off. Both are available from your pharmacist without a prescription.

It is *important to rest* for the remainder of the day of your surgery. If you require a certificate for time away from work/school please ask.

Use *ice packs* as frequently as possible in the first 24 hours to help minimise swelling.

Oral hygiene

On the day following surgery you should gently rinse your mouth with *warm salty water*. You should do this first thing in the morning, last thing of an evening, and after any meals. Continue this until healing has occurred.

Try **not to smoke** for as long as possible afterwards, at least the rest of the day. Smoking can interfere with the healing process.

Avoid alcohol for 24 hours, as it can also delay the healing process.

Dry socket

A dry socket occurs when a blood clot formed during healing becomes dislodged or doesn't form in the first place. If this is the case, the bone and fine nerve endings are not protected and exposed to air, food, and liquids. Dry socket delays the healing process and can become extremely painful 3-5 days after extraction. It is usually accompanied by a bad taste and odor.

If you suspect you have a dry socket, please contact and visit the surgery. We will place a medicated dressing in the socket, which will almost instantly relieve pain. If the area is infected, our dentist may also prescribe a course of antibiotics.

If you have any questions, please contact us at Alderley Dental on [07 3856 2144](tel:0738562144).