



POST-ORAL SURGERY ADVICE

A PATIENT'S GUIDE

1. Do not rinse or spit for at least **24 hours** after surgery – you might be asked to keep dressing gauze in place on the surgical site with mild pressure (biting down) for at least 15-20 minutes after surgery.
2. Do not disturb the blood clots - Keep fingers and tongue away from socket or surgical area.
3. Be careful not to bite the 'numbed' cheek; lip or tongue.
4. Use ice packs on surgical area (side of face) for first 24-48 hours; apply ice 20 minutes on – 10 minutes off.
5. Post- operative pain usually is not severe: For mild to moderate discomfort/pain take acetaminophen (Paracetamol 1g, three times a day) *with* a non-steroidal anti-inflammatory drug (NSAID) (Diclofenac Sodium 50mg, three times a day or Ibuprofen 400mg, three times a day) with meals. For severe pain use the medication prescribed to you by your surgeon as advised (usually Dihydrocodeine or Tramadol Hydrochloride) – Note that NSAIDs should be avoided if you are on aspirin, warfarin, you are asthmatic, have a tendency for gastric upset and/or have a history of kidney failure (follow your surgeon's recommendations).
6. Drink plenty of fluids (Do not use a straw since negative pressure in the mouth will dislodge the clot that is essential for healing).
7. Following surgical procedures in the mouth there is local swelling which reaches a maximum in 2-3 days, after which it should subside gradually.
8. If the muscles of the jaw become stiff, you can massage and exercise your jaws. Chewing gum at intervals will help relax the muscles. After 24-48 hours the use of warm, moist heat to the outside of your face over these muscles will help get rid of the stiffness.
9. It is most important to keep the mouth clean following an operation, and a soft toothbrush and toothpaste should be used freely; in addition to mouthwashes following the first 24-hours. After the first post-operative day, frequent use a hot or lukewarm water washes (1/2 teaspoon of salt to a 200ml glass) following meals for the first week to flush out particles of food and debris, which may lodge in the surgical area (Antiseptic mouthwashes like Chlorhexidine 0.12% or Povidone Iodine/Betadine 1% can be added for better taste.)
10. You may eat and drink after removal of the dressing gauze, but hot substances, alcohol and smoking should be avoided. Diet may consist of soft foods, which can be easily chewed and swallowed. No seeds, nuts, rice, popcorn, etc. Avoid milk and ice cream for the first 12-18 hours after a general anaesthesia.
11. A certain amount of bleeding is to be expected following surgery. Applying pressure to the surgical area using small rolled gauze for 30-60 minutes controls bleeding. After that time remove the gauze and then you may eat or drink. If bleeding persists, a moist tea bag should be placed in the area of bleeding and bite firmly for one hour straight. This will aid in clotting blood. Repeat if necessary. If bleeding still persists call our office.
12. We suggest that you do not smoke for at least 5 days after surgery. Nicotine may break down the blood clot and cause a "dry-socket".
13. In cases of complication or severe bleeding, an on-call surgeon/dentist is available at the BDF Hospital. Each Week Day, including weekends and public holidays.

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We at the BDF Dental & maxillofacial Centre wish you the best of health, and it was our pleasure treating you