

POST-OPERATIVE PAIN RELIEF

Local anaesthetic usually wears off a few hours after your procedure so your first pain relief dose should be taken before this numbness subsides as it is better to decrease pain rather than try to 'catch up'.

It is simplest to remember the regime as '4 x 4', which is 4 tablets, 4 times a day. This makes a maximum of 16 tablets per day. The starting regime is:

2 Panadol + 2 Nurofen – 4 times a day.

This will be all that is necessary for most patients. Should that regime not be satisfactory for your pain management, you will have received a script for Panadeine Forte as well as an antibiotic. The Panadeine Forte substitutes as a 'one for one' for the Panadol. The nurofen continues. Thus the possibilities are either:

2 Panadol + 2 Nurofen
1 Panadol + 1 Panadeine Forte + 2 Nurofen
2 Panadeine Forte + 2 Nurofen.

You can take a combination of these drugs a maximum of 4 times per day. We suggest taking regular pain relief for 48 hours after surgery and then reassess whether you need it or not.

If you are taking Panadeine Forte you should increase the fibre in your diet as strong pain relief can cause constipation.

If you have any issues with your pain relief management please contact us.

PLEASE READ ALL OF THESE INSTRUCTIONS

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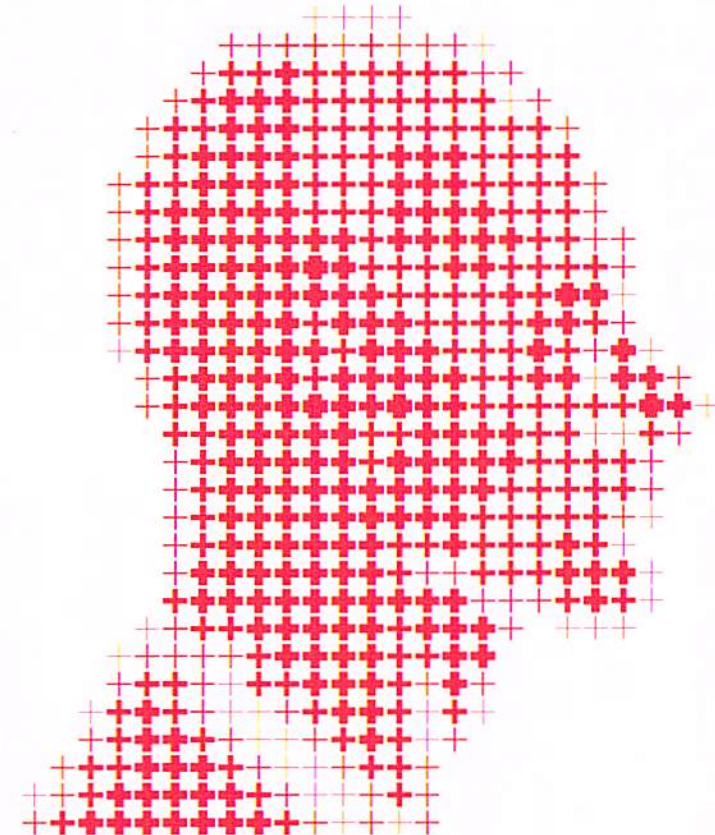
Level 1, Suite 1.04
VUE, 1 Centennial Drive
Park Central
Campbelltown NSW 2560
Phone + 61 (0)2 4628 3377
Fax + 61 (0)2 4210 8613
reception@macarthursc.com

For more information
www.macarthursc.com

After hours emergency contact
Dr Jasvir Singh 0413 567 469
Dr Norman Stanton 0413 573 375

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POST-OP
INSTRUCTIONS



DAY OF SURGERY

Please have the following items at home prior to surgery ready for your post-op care:

- Chlorhexidine mouthwash, Curasept or Savacol - please purchase from the chemist
- A child size or surgical toothbrush
- Ice-pack

Following your procedure on the day of surgery:

DO NOT:

- X Rinse your mouth (this starts 24 hours after your procedure)**
- X Spit, suck on lollies or drink through a straw (this is to avoid dislodging your blood clot in the socket. If this occurs you may experience excessive bleeding or a dry socket)**
- X Drive or operate heavy machinery for 24 hours**
- X Smoke or drink alcohol for at least one week**

DO:

- ✓ Rest at home after surgery and keep your head elevated on 2 pillows.
- ✓ Remove gauze in your mouth when you get home.
- ✓ Use ice packs to reduce swelling, apply externally where you have had surgery for 2 days. Alternating 20 mins on and 20 mins off.
- ✓ Go to the chemist on your way home to fill out the script and take the medications once you return home as ordered.
- ✓ Drink lots of fluids and eat soft foods, e.g. pasta, puréed food, not nothing to hard, small frequent meals are best.

FOR 1 WEEK STARTING THE DAY AFTER SURGERY

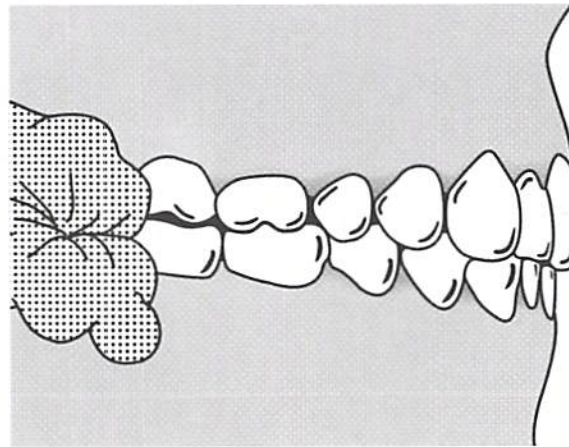
- ✓ Rinse your mouth 4–5 times/day with either a quarter teaspoon of table salt in glass of warm water or the Chlorhexidine mouthwash.
- ✓ Brush your teeth and gums with toothpaste and a child-size toothbrush
- ✓ Jaw exercises, to prevent the jaw becoming 'locked' as a result of muscle spasm, commence jaw exercises 2–3 days after surgery as your jaw will become stiff and sore. Place both the right and left index fingers on your lower teeth and place both your left and right thumb on the top teeth and force apart. Continue these exercises for 1 week.

- ✓ Continue to eat soft foods, nutritious diet for the first 5–7 days. It is important to have plenty of fluids during this time.

ACTIONS TO TAKE IF COMPLICATIONS OCCUR

BLEEDING

Bite on a gauze pad firmly for 30 mins. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal. However, after 1 hour if the oozing is profuse apply a clean gauze directly over the wound and close your mouth maintaining firm pressure for 30 mins. The site could ooze for as long as 24 hours. If the bleeding cannot be stopped by this method please contact us.



PAIN

A moderate amount of pain can be expected following most oral surgical procedures. The pain tablets (usually codeine based) prescribed for you will in the majority of cases, control this pain if taken as prescribed. If pain becomes unbearable please contact us.

NAUSEA AND VOMITING

Stop all food and drink and stop all medication. Only sip flat lemonade until the nausea passes. Gradually resume normal diet by first sipping clear fluids/soups and eating plain dry biscuits.

FREQUENTLY ASKED QUESTIONS

One of my stitches fell out, should I be concerned?

No, in most cases the stitches do not need to be replaced. You may experience a gap in the soft tissue where the stitch was located but this should heal without any concern. Some slight bleeding may be expected as the area heals.

How long will my pain last?

Pain levels vary from patient to patient. Peak level of discomfort is usually 2–3 days following your procedure. You may require medications for up to 3 weeks.

I have numbness on my lower lip or tongue.

Why did this occur and how long will it last?

Numbness can occur if your surgery was close to the nerve and can result in a lack of sensation, which may be temporary or permanent in nature. Please continue to monitor the affected area for any return of feeling. If your sensation does not return after 4 weeks, please contact us to schedule a postoperative appointment.

When can I eat after my surgery?

We suggest you have a soft food diet such as soups, smoothies and liquids for 5–7 days after surgery. You may expand your diet to other foods as tolerated. You will be the best judge of what you can or cannot eat.

When should I remove the gauze in my mouth?

Please remove the original gauze placed at the time of your surgery upon arriving at your home. Only replace this gauze for excessive bleeding. There will be blood on the original gauze so do not be alarmed. Try to leave the original gauze out of your mouth unless excessive bleeding is noted. Replacing the gauze frequently will aggravate any clot formation and will contribute to further bleeding.

When can I drive and return to exercising?

Do not drive while you are taking any prescription narcotic pain medications. Do not drive for 24 hours if you had a general anaesthetic or intravenous sedation. You may wish to postpone any exercise for several days following your surgery. You may experience throbbing or pain at your surgical sites if you return too quickly to your normal exercise routine.