

DR PATRICK MEHANNA
POST OPERATIVE INSTRUCTIONS
FOR MINOR ORAL SURGICAL PROCEDURES

PATIENT INFORMATION

Discharge/Home

1. Do not rinse your mouth out on the day of surgery.
2. DAY 1 – Commence using an antiseptic mouthwash (diluted with water if required) especially after meals.
3. Brush teeth gently BUT avoid back teeth (near wounds).
4. Do not blow nose, blow musical instruments or vigorously rinse during the first week.
5. Take care not to bite your lip whilst it is numb.
6. Do not smoke or consume alcohol.
7. Avoid strenuous exercise/contact sports/swimming.
8. Expect blood tinged saliva – however if excessive/frank persistent bleeding is noted control by biting down firmly on gauze for minimum of 20-30 minutes.
9. Expect 1-2 days of unremarkable swelling, but this can increase dramatically on day 3 which may persist further for 1-2 days.

POST OPERATIVE APPOINTMENT IS FOR _____

Pain

For pain relief take regular Panadeine Forte (1-2 tablets every 4-6 hrs). For stronger pain regular Nurofen can also be taken 3 times a day. It is safe to take Panadeine Forte and Nurofen together.

The best way to keep strong pain under control is to take pain relief regularly.

Diet

- Do not miss meals
- Soft/liquid/pureed
- Avoid hard or hot foods
- Maintain fluid intake

Nausea/vomiting

This may occur following general anaesthesia and can also be caused by strong pain killers. If nausea and vomiting continue or develop when you return home, you should take a complete break of two to three hours of taking no food or drink, then commence sips of water or lemonade. If you still feel nauseous after this time, you should contact your surgeon who will give further advice.

If there are any problems contact your Surgeon, especially if there are issues with the pain or you experience continuous nausea and vomiting.

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