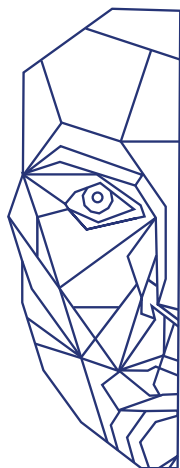


## POST- OP INFORMATION



### Townsville Oral and Maxillofacial Surgery

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(07) 4771 4443



## PATIENT INSTRUCTIONS FOLLOWING ORAL SURGERY

PACKS	If present when you go home, take out one hour after surgery.
SWELLING	Peaks at day 2-3. Can be very mild or very significant, all of which is normal.
BRUISING	Is also normal and unpredictable.
BLEEDING	Responds well to direct pressure. Treat by rolling up the corner of a handkerchief into a small ball and pushing directly over the socket where the bleeding is coming from. Bite down on the ball to place firm pressure on the site for 2 hours.
PAIN	Pain is normal after an operation. The worst pain usually occurs at day 2-4. You should expect pain to subside by day 5-6. Keep taking your pain relief until then.
NAUSEA	Is common and usually related to taking antibiotics or painkillers, both of which can make you feel nauseous. Try stopping any medications with Codeine in it first, i.e. Panadeine Forte.
NUMBNESS	In the first 24 hours is due to the local anaesthetic. Numbness of longer duration is usually transient. Make an appointment for a review if numbness is still there at the 2-week mark. This risk is usually discussed at your consultation.
INFECTION	Is very uncommon. Rarely occurs within the first 4-5 days. Associated with an increase in pain, swelling, fevers and makes you feel unwell. Ring the practice or the emergency number to arrange a review if you are unwell.
STITCHES	Dissolve and fall out from day 3 – 21. This is normal.
WOUNDS	You will see a hole or some flappy bits of gum after the operation. This is normal. The hole will fill in with gum over 6 weeks and the bone will fill in over 6 months.
SMOKING	Do not smoke while you are healing.
ORAL HYGIENE	Do not rinse your mouth until the next day. Rinse with salty water or diluted mouth wash 4 times a day starting the day after surgery. Start brushing your teeth as normal on the day after surgery.
DIET	You can carefully eat whatever you feel like but avoid sharp foods and foods that will lodge in the socket such as rice. Stay well hydrated by drinking fluids.
DENTURES	If dentures were inserted at the time of surgery leave them in until the following day. You can then take them out and clean them as you would your normal teeth. You should arrange a review with your dentist/prosthetist within a week after surgery to take care of any "sore spots".

**Please turn over...**

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## POST-OP APPOINTMENT

Depends on the nature of your surgery. You will be advised by one of our clinical staff if an appointment following surgery is required. As most patients are quite busy and have some distance to travel, we leave it to you to contact us if you feel you are having postoperative complications. In the first instance, please contact the rooms to discuss your concerns. In some cases advice over the phone is all that is required. If necessary a follow up appointment will be arranged with you at this time.

- AMOXICILLIN, CEPHALEXIN, AUGMENTIN DUO FORTE, CLINDAMYCIN  
(Antibiotics to be commenced the next morning after you get home from hospital.  
Follow the instructions on the box of medication provided by the Pharmacist.)
- OXYCODONE (ENDONE)  
(Can cause drowsiness, nausea, vomiting, and constipation – if this occurs cease medication)
- PANADEINE, PANADEINE FORTE  
(Can cause drowsiness, nausea, vomiting, and constipation – if this occurs cease medication)
- PANADOL  
(Over the counter pain relief medication)
- IBUPROFEN 200mg (eg. Nurofen or Brufen – over the counter pain relief)  
(Not to be taken if any concurrent bleeding or stomach problems)

## FOR 24 HOURS FOLLOWING YOUR ANAESTHETIC YOU MUST NOT:

- Consume alcohol
- Drive a vehicle/operate heavy machinery
- Make important decisions/sign legal documents
- Exercise excessively.

**The phone number below is to be used ONLY IN AN EMERGENCY**  
Eg. Excessive unmanageable pain, uncontrollable bleeding, fever/excess swelling

Dr Ben Rahmel: 0410 419 925

Dr Lakshmi Ramalingam: 0424 594 294

Where possible, please ring the rooms first during  
office hours (8.30am – 4.30pm M-F) on (07) 4771 4443.