

## INSTRUCTIONS FOLLOWING SURGERY

**PATIENTS UNDER MILD ANESTHETIC SEDATION:** You have to follow these guidelines to avoid complications post surgery:

- You are not to drive, operate hazardous machinery or consume alcohol for at least 24 hours following the surgery, or longer if drowsiness or dizziness persists.
- You have to leave the office either by a taxi or be driven back home in a private vehicle, being accompanied by an adult other than a taxi driver at all times.
- **Under no circumstances can you drive the vehicle yourself or use a transit bus.**

**BLEEDING:** A small amount of bleeding is normal for a few days. Place a thick piece of gauze over the wound and bite down for 30 minutes, a damp tea bag can be used if the bleeding doesn't stop. If on blood thinners bleeding may be a little more excessive and for a longer period of time. **DO NOT SPIT OR RINSE.** Place a towel on pillows in case of "drooling". Saliva will often be red in colour. Avoid blowing your nose.

**DISCOMFORT:** Pain following surgery is expected for a few days and should be partially relieved by the medication prescribed. With impacted teeth the pain is more severe and longer lasting. **DO NOT DRINK ALCOHOL AND SMOKING SHOULD BE AVOIDED.**

**SWELLING:** The amount of swelling depends on the difficulty of the surgery, and on each individual. It peaks in 24-72 hours and can last up to a week, some bruising of the skin is variable and is not cause for alarm. ICE applied to the area for the first day can help to decrease the amount of swelling. Use the ice intermittently. 20 mins on, and then 20 mins off.

**RINSING:** **DO NOT RINSE MOUTH FOR AT LEAST 24 HOURS,** or brush area of surgery. Once there is no blood visible in the saliva you may begin rinsing with warm salt water, and you may start brushing, be gentle.

**NAUSEA:** Nausea may be due to sedatives given or from the medication prescribed postoperatively and will pass.

**DIET:** Drink lots of water, and eat soft foods. Following difficult surgery it is normal not to be able to open widely. (**DO NOT DRINK THROUGH A STRAW**). You can start eating normal when you feel chewing becomes more comfortable.

**SUTURES:** WILL DISSOLVE in 3-7 days