

MR GRAEME WRIGHT
ORAL AND MAXILLOFACIAL SURGEON

Essendon Day
Procedure Centre



Postoperative instructions

1. The pain will generally be its worst 3-5 days after the operation and then settle. During this time, please take regular pain relief as prescribed by Graeme or your anaesthetist.
 - a. **IF SEVERE PAIN PERSISTS CONTACT OUR ROOMS.**
 - b. You must not drive, use machinery or engage in activities which require balance, coordination or the following of instructions whilst taking strong painkillers.
 - c. Prolonged use of prescribed strong painkillers can lead to constipation, nausea, and drowsiness.
2. Some bleeding after minor oral surgery is **NORMAL**.
 - a. If severe bleeding occurs:
 - clear mouth of clots
 - apply a small pad of clean gauze or handkerchief to the bleeding area and bite firmly for 40 minutes, replace if necessary.
 - b. If bleeding continues please contact our rooms. This problem is usually one of annoyance rather than concern.
3. Mouth rinses (1 teaspoon of salt to a cup of warm water) need to commence 24 hours after surgery and continued every 4 hours until you can brush your teeth normally. This is usually 2 to 3 weeks. Alternatives to salt are Savacol or Cepacol mouth rinses. Try to brush the rest of your teeth normally after surgery.
4. Swelling is maximal 48 hours after surgery, ice packs will reduce your swelling and pain during the first 24 hours. Swelling will usually resolve by the 4th or 5th day.
5. Difficulty in opening your mouth, chewing and stiffness will generally last for 5-7 days. If stiffness persists after this time, gentle stretching of your mouth and massage of your cheek will aid recovery.
6. A soft diet is usually required for a few days after surgery. You should avoid hot drinks or food whilst your mouth is numb.
7. You should restrict yourself to light duties for a few days following a general anaesthetic. A patient and or carers leave certificate will be provided upon request.
8. Dissolving stitches if needed are sometimes used. These generally dissolve in 7 to 10 days' time or sometimes earlier.
9. **Following an IV sedation or general anaesthetic**, you are not to drive or operate heavy machinery, drive a vehicle or sign any contractual documentation for at least 24 hours after your procedure. **Following a local anaesthetic**, you are generally able to drive home, however, you may wish to have a carer escort you home following your procedure.
10. Graeme will make a follow up appointment for you if required. You are very welcome to call 93262666 and an appointment can be made for Graeme to check your progress. There is generally no charge for this appointment.

**Should you have urgent concerns after hours you may contact
Mr Graeme Wright on: 0411489 777.**

