

# Post surgery care

It's important that you take care of yourself properly after your procedure. To minimise the chance of complications, please avoid the following activities:

- Drinking alcohol
- Playing with the wound
- Doing any strenuous exercise activities for 24 hours
- Smoking/vaping for 3 days (if possible)

Swelling is quite common post-procedure. To help with this, wrap an ice pack (or packet of frozen peas) in a towel and apply to the side of the face for 10-15 minutes every hour.

Keeping your wound clean helps minimise the risk of infections. You can do this by:

- Bathing the wound 4-6 times a day with warm salt water for 3-5 days post-procedure. (Mix  $\frac{1}{4}$  tsp salt per  $\frac{1}{2}$  glass of warm/hot water).
- Brushing your teeth as normal, but be careful near the surgical site. Keeping your teeth clean helps to reduce the chance of complications.
- Use your mouth rinse (if prescribed) twice per day for 1 week post-procedure.

A small amount of oozing of blood is normal after your procedure. If you experience troublesome bleeding, you can dampen some of the sterile

gauze we provide post-procedure and place it over the bleeding site. Bite down on the gauze to apply pressure for 20-30 minutes. Repeat as needed.

**If this fails to control the bleeding, please contact us immediately.**

It is normal to be a bit uncomfortable after a procedure, however if any of your symptoms feel severe or are becoming worse, please contact us immediately.

During business hours, you can contact the clinic directly at 03 242 0362.

Outside of business hours, you can contact our emergency line:

Lester    027 2233 254  
Joseph   027 463 9700

If you are receiving IV sedation, we will provide you with additional information and instructions regarding that process. Please let us know if you have any concerns about your post-procedure care with your dentist before your procedure.

If prescribed or given pain relief take as directed. **(DO NOT TAKE MORE THAN INSTRUCTED)** It is better to keep the pain to a minimum, taking medication as prescribed than waiting for the pain to develop. From 24 – 48 hours after surgery pain relief can be reduced if you are feeling comfortable.