



Care Following Minor Oral Surgery

Hygiene

- Do not rinse the mouth for the remainder of the day. After 24 hours start using gentle saline rinses after each meal for at least a week. A saline rinse is made by dissolving a teaspoon of salt in a glass of warm, but not hot, water.

Bleeding

- Continue to bite firmly on the gauze swab that has been placed in your mouth for at least 30 minutes. It is essential that a blood clot forms which seals the wound, triggers the healing response and prevents infection. Traces of blood in the saliva is normal but if bleeding is excessive, apply pressure with gauze.

Discomfort & Swelling

- Any pain or discomfort can be relieved by taking analgesics (pain killers). It is important that analgesics are commenced before the anaesthetic wears off.
- If you have excessive pain or swelling, especially if it increases several days after surgery, you may have an infection so please advise us immediately.

Numbness

- Remember your mouth will be profoundly numb for some hours following surgery – this also delays any discomfort. It is very important that you do

not bite, burn or cause injury to your lips, tongue or cheeks during this period of numbness.

- Always closely watch that children don't chew a numb lip, cheek or tongue while the local anaesthetic is still effective as this may be a totally new sensation to them.

Eating & Drinking

- Do not rinse, eat or drink for 4 hours so that the blood clot is not disturbed.
- After 4 hours, soft food and cool drinks can be eaten on the other side of the mouth. Try to eat soft, nutritious foods such as eggs and yogurt to assist healing and recovery.
- Avoid dehydration by keeping up your fluid intake.

Lifestyle

- Do not lie down flat. Relax, but keep your head elevated. Strenuous activity should be avoided for 24 hours.
- Do not smoke for 4 days and avoid alcohol for 2 days to prevent infection and a delayed healing response.

Sutures

- If any dissolving stitches are still present after 10 days, please contact us so that any remnants can be removed.

If you have any questions or concerns, please telephone the practice on **(07) 5577 1912**.

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