POST SURGERY DRUG REGIME

To help avoid fainting after surgery keep up your intake of fluids and soft food when you get home.

Try to limit the amount of strong pain medication (containing codeine) you take as this may contribute to dizziness and fainting.

Make sure you sit up and then stand up slowly, if you have been resting.

If you feel faint, lie down flat straight away or sit down with your head between your knees.

Hot showers may cause fainting so don't shower on the day of your procedure, and when you take your first shower after the procedure ensure that there is a responsible adult around. You may feel nauseated after fainting.

You should recover quickly from a faint, usually 1-3 minutes. However your carer should be instructed to ring 000 if you remain unconscious beyond this time.

EXPOSURE/BOND & BRACKET PROCEDURES

Following the surgical exposure of teeth, the wound is often packed with a special material that is held in by stitches. This prevents the gum from growing over the newly exposed tooth crown.

The pack is usually removed 5-10 days after surgery.

The pack occasionally hangs down after a few days, if this occurs it should be pushed back into place with finger pressure.

If a bracket & chain has been placed, the chain will be stitched up out of the way or the chain wired to the orthodontic appliances. The chain will have some movement and if this comes loose, no action is required.

GRAFTING

If a graft site is bleeding, pressure with a gauze pack may be applied for 20-30 minutes and then the pack changed as required.

POST-OPERATIVE REVIEWS

If a post-operative review is required it will be arranged for you. Usually the dissolving stitches that have been used have fallen out but it is important to keep your review appointment.

If non-dissolving stitches or a pack (for exposed teeth) have been used then they will be removed at this visit.

CONTACT NUMBERS

If you have any problems or questions please call us during business hours on **03 9131 4484**.

If you have an emergency after-hours or on weekends, please contact us on:

Mark Barit: 0492 829 379

Kenneth Sun: 0412 118 482

POST-OPERATIVE REVIEW APPOINTMENT

If this appointment is inconvenient, please change the time or location by telephoning our office on 03 9131 4484.

Patient's Name: .....

Your post-operative visit is:

at: .....am/pm

on: ..... 20.....

at:

- ☐ 361 Whitehorse Road, **NUNAWADING** Vic 3131
- ☐ 18 Scholar Drive, University Hill, **BUNDOORA** Vic 3083
- ☐ 21 Black Street, **BRIGHTON** Vic 3186

SAMPLE V1 - 22-03-2021

MIOMFS
Melbourne Implant
Oral Maxillofacial Surgery

PATIENT INFORMATION

MR MARK BARIT
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MR KENNETH SUN
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MIOMFS
Melbourne Implant
Oral Maxillofacial Surgery

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The following instructions have been compiled to help patients following oral surgical procedures

FIRST 24 HOURS POST GENERAL ANAESTHETIC

Do not drink alcohol, drive a motor vehicle or operate complex or dangerous equipment.

Do not make important decisions, sign legal documents or participate in anything that requires you to be alert and coordinated for 24hrs after your procedure.

RESTING

After being discharged from the hospital or following a procedure done in our office, you should return home immediately and rest quietly for the remainder of the day.

EATING & DIET

Soft food and plentiful fluids are recommended for the first few days post surgery. This may include jelly, ice cream, custard, yoghurt, scrambled eggs, pasta, soups and mashed vegetables. Swallowing will be uncomfortable for the first few days following the procedure.

Do not use drink bottles or straws as the sucking action may cause problems with bleeding and socket healing.

Avoid foods with small seeds or pips as they may lodge in tooth sockets with the gum healing over.
For example kiwi fruit, strawberries and small grains.

Whilst the local anaesthetic is in effect, be very careful that you don't have any hot food. Test the temperature of food before eating. Watch children to ensure they are not biting or chewing their lip while it's numb.

It can take up to a week to resume normal eating.

BLEEDING & SUTURES

The majority of the bleeding after your surgery usually stops within a few hours, however you may have a small amount of ooze or blood strained saliva for 1-2 days.

Apply pressure with folded up gauze packs directly over the area of the surgery and change the gauze packs every 20mins until the bleeding stops. If the bleeding continues after 2-hours of applying pressure with gauze packs please contact us.

Do not eat, drink or sleep with the gauze packs in your mouth.

Dissolvable stitches will usually take 5-10 days to disappear. The stitches will loosed and undo before they fall out and the loosening often starts 2-3 days after surgery.

SWELLING

It is normal to have swelling and bruising following oral surgery.

Swelling can take 3-4 days to peak and then it will reduce on a daily basis.

It is not uncommon for one side to be more swollen than the other.

Swelling & bruising can involve the cheeks, up to the eyelids and down to the neck.

Whilst you have swelling, it will be difficult to open your mouth fully. Full mouth opening may take several weeks to return to normal depending on the type of surgery.

Ice, anti-inflammatory medication and sleeping with your head elevated on two pillows can help reduce swelling and is often more comfortable.

Patients taking anti-coagulant medications will have more extensive swelling and bruising.

ORAL HYGIENE

Good Oral Hygiene is very important as healing is improved and the chanced of infection is reduced.

Do not rinse your mouth or brush your teeth for the remainder of the day of surgery.

The day after surgery brush your teeth as normal, however avoid brushing the surgical site for the first 24-48 hours. You can then use a soft toothbrush to commence brushing around the surgical site.

Commence salt water rinsing the day after surgery and repeat 5-6 times per day particularly following meals, until the socket has healed: 1 teaspoon of salt in a glass of warm water or you can use a commercial mouth rinse. If you have been provided with a curved plastic syringe (Monojet), commence using 1-week after your surgery. Fill it with warm water and squirt it at the area of the socket (hole in the gum).

SINUS INVOLVEMENT

(Only if advised by your surgeon)

You must avoid nose blowing for 7-10days post- surgery.

You may be prescribed drixine or fess nasal spray which is usually used with 2 sprays to the nostril 3 times a day to help keep your nose & sinus clear. Drixine is usually used for 5-days.

PAIN RELIEF & ANTIBIOTICS

Pain is a normal consequence of any surgery and it is to be expected.

Local anaesthetic that causes numbness can last for up to 12hours and it is important that during this time you avoid injury by not biting your lips, cheek and tongue.

Strong pain relief may cause constipation, nausea and dizziness. It is important that when you are comfortable without strong pain relief that you then take less potent analgesics eg. Paracetamol.

If prescribed anti-inflammatories, continue these for the first 4-5 days to help with swelling and take them with food or a glass of milk.

It is recommended that you record the times and dosage of any medication you take to ensure that you do not overdose. If you are unsure of any medication dosage please refer to the directions of us on the medication.

If you are taking medication that contains paracetamol, you must not take more than 8 tablets in a 24hour period.

If antibiotics have been prescribed, ensure that you complete the entire course.

If you develop a side-effect like a skin rash or nausea please contact our office.

Some antibiotics negate the effects of the oral contraceptive pill therefore alternative precautions should be taken for one menstrual cycle.

POST-OP DRUG REGIME

Prior to a local anaesthetic procedure or during a general anaesthetic or sedation procedure you will receive local anaesthetic. The duration of the local anaesthetic may last anywhere from 2-12 hours or even longer.

Before you feel the local anaesthetic wearing off you should commence your analgesia. You may be prescribed various different types of pain killers.

- Paracetamol, Panadeine, Panadeine Forte
- Ibuprofen
- Oxycodone
- Tramadol
- Tapentadol

After the procedure you should take your medications as directed and not exceed maximum dosages:

- **Paracetamol 1g and Ibuprofen 400mg**

If this is not enough to control your pain you can also take:

- **ONE (1) Oxycodone (5mg) tablet every 4 hours**

or

- **One (1) Tapentadol (50mg) tablet every 6 hours**

This will definitely reduce your pain significantly however, Oxycodone or Tapentadol can make some patients feel nauseated or drowsy.

You must let us know if you are allergic to any of the medications listed. I can provide alternatives for you but please let me know as soon as possible.

This drug regime has been shown to be highly effective following your type of surgery but if you are consistently experiencing pain or nausea please contact us on the numbers provided.