

POST-OPERATIVE INSTRUCTIONS FOR WISDOM TEETH REMOVAL, SERIAL/SURGICAL EXTRACTIONS & DENTO-ALVEOLAR SURGERY

1 – After the surgery you will be biting on packet(s) of gauze. Keep the gauze in your mouth, applying pressure for 20 minutes before swapping with some fresh gauze. Repeat again after 30 minutes, or until bleeding stops. Do not use tissues or cotton wool over the wound(s). If bleeding persists, gently biting on a tea bag can aid in stopping it, as the tannin in tea can aid blood clotting.

2 – Apply ice or a cold compress to the side(s) of your face where surgery was performed, unless advised otherwise. Apply for only 15 minutes on and 15 minutes off. This will help reduce the amount of swelling you develop. Swelling is likely to increase for a couple of days before it starts to settle. This is normal, healthy healing. If you had intravenous sedation, you may also have been given some intravenous medications to help with the swelling and healing.

3 - After 24 hours, gentle heat packs applied to the face can aid healing.

4 – Do not rinse your mouth for 24 hours. After 24 hours, gently rinse with luke-warm saltwater (a teaspoon of salt in half a glass of warm water) 4-5 times a day. Chlorhexidine rinses (eg. Savacol), morning and night, are also recommended. Keep up the rinsing for 2 weeks.

5 – Keep your tongue and fingers away from the wound(s).

6 – Do not smoke for 48 hours after the surgery. Do not consume alcohol for 24 hours after the surgery. Both can cause problems with healing, some of which can be very painful.

7 – Enjoy a soft and cool diet for the first few days, keeping the food away from the wounds. For the first day or two, soups (drained and cool), smoothies and purees are best. You do need plenty of nutrients and plenty of fluids to heal, so do not avoid eating or drinking.

8 – Take any painkillers, antibiotics and other medications prescribed on the day of surgery.

9 – Do not exercise or undertake any vigorous activity for at least 48 hours, or as prescribed. Complex wisdom tooth or dento-alveolar surgery will require 3-4 days of rest and time off work. Enjoy some good books or movies!

10 – Generally, any stitches that are placed are soluble, and should dissolve on their own within a couple of weeks. If non-dissolving stitches are used, you will be instructed to return to have them removed in 5-7 days.

11 – If you had any form of sedation for the procedure, ensure that all relevant instructions are followed.

12 – If you have persistent pain, swelling, bruising, numbness, or any concerns queries, please call the practice. Patients can contact Dr Misagh Habibi after hours on 0401 677 975.

Dentures & Prosthesis

If a denture or other prosthesis was inserted after surgery, you may be advised to leave it in your mouth for between 24-72 hours, depending on the nature of the procedure. During this time it can still be removed, comfort permitting, for cleaning. Following this period it should not be worn at night (unless it is a prosthesis fixed onto implants).

Other special instructions: