

General advice for your care

After your operation, there is likely to be some bruising, jaw stiffness and discomfort. These are normal consequences of oral surgery procedures.

You can minimize problems after your operation by following these instructions.

On the day of your operation

- Get plenty of rest in the first few hours after your operation. Reduce your level of activity for the next few days.
- Avoid rinsing out your mouth and do not drink hot fluids.
- Relieve discomfort by taking painkillers and using ice packs:
- **Painkillers** We will supply you with ibuprofen and paracetamol and you should take these as directed.
- The standard adult dose for ibuprofen is 400mg (2 × 200mg) taken with food. This dose can be repeated every six hours, up to a maximum of 1600mg in 24 hours.
- The standard adult dose for paracetamol is 1000mg (2 × 500mg). This dose can be repeated every six hours, up to a maximum of 4000mg in 24 hours.
- We advise you to start with ibuprofen and then alternate these medications on a three-hourly basis for the first few days after your operation for maximum benefit.
- Further proprietary information is provided with these medicines.
- Ice packs Hold an ice pack against your face for one minute at the site of your operation, then leave an interval of two minutes and apply it again. Stop when you have applied the ice pack five times. Do this three or four times each day for five days.

From the following day

Please keep your mouth as clean as possible by brushing your teeth as usual.

- Use salt water mouth rinses (one teaspoon of salt in a cup of warm water) every four hours for seven days. This will help to keep the operation site clean and clear of debris.
- Avoid smoking. The local action of nicotine in the mouth has been shown to have a detrimental effect on healing after surgery and greatly increases the likelihood of wound infection developing.
- Continue to take the painkillers and any other supplied medications as directed and use ice packs for the next two to three days.
- If you have been given antibiotics, you should take these as prescribed and complete the course.
- Do not drink alcohol if you are taking a course of metronidazole. All antibiotics have the potential to reduce the effectiveness of the oral contraceptive pill. If this is relevant, you should use additional methods of contraception until the course is completed.
- If bleeding is troublesome, you can usually control it by placing dampened gauze over the wound and applying pressure for 15 to 20 minutes (*slight oozing can be expected for a short time following surgery*).

If you have any other complications or require advice after treatment, please call **09490 60645** and leave a message including a contact telephone number. We will return your call as soon as we can.