

BLEEDING	<ul style="list-style-type: none"> Is normally fully controlled at the operation, but blood may stain saliva and affect taste for approximately 24 hours. Applying firm pressure for 20 minutes using a pad of gauze may control post-operative bleeding or a clean rolled handkerchief placed over the bleeding area. Contact me if bleeding is not controlled within this time.
STITCHES	<ul style="list-style-type: none"> Been used to help with healing and protect the area of surgery. Arrangements will be made to remove these if needed and review the healing in 10 - 14 days. The stitches may come loose before this visit, however this usually does not impair the healing process.
SWELLING	<ul style="list-style-type: none"> Is a normal response as a consequence of the surgery. There is rarely signs of obvious swelling, however a feeling of tightness or pressure may be experienced. This reaches a maximum in 2 - 3 days, after which it should gradually subside. Applying an icepack to your face over the surgical area can minimize this.
PAIN	<ul style="list-style-type: none"> Should not be severe. The local anesthetic will wear off approximately 1 - 2 hours after the surgery. Painkillers will be prescribed to make the area more comfortable (either Panadeine extra or Nurofen). The action of the painkillers will be more effective if they are taken on a 6 hourly basis. If the area is still very tender after 1st weeks please contact me.
MOUTH HYGIENE	<ul style="list-style-type: none"> Is of vital importance, but avoid rinsing the mouth for 6 hours after the surgery. After this, an antiseptic mouthrinse should be used to keep the area of surgery clean. Brushing with a soft bristled toothbrush can be continued in areas not involved in the procedure. Antiseptic mouthwashes (such as SAVACOL or CURASEPT) may be used for up to 6 weeks following the surgery and should be used as follows; 3 times a day: rinse for 1 minute in the area of surgery and spit out.
FOOD & DRINK	<ul style="list-style-type: none"> Avoid hot food, alcohol or smoking for 24 hours after surgery, but then eat what you find is comfortable. Generally, it is best to restrict oneself to very soft food for the first few days.
REST	<ul style="list-style-type: none"> It is important to avoid physical exertion after surgery. A Medical Certificate will be provided if required. Avoid disturbing the area of surgery with your tongue or cleaning aids between the teeth, such as dental floss or interdental brushes.
REVIEW	<ul style="list-style-type: none"> A review appointment will be organized 10 - 14 days after the surgery. This will allow me to evaluate the result of surgery and the progression of healing. If stitches or packing material were used they will be removed at this appointment.
ANTIBIOTICS	<ul style="list-style-type: none"> May have been prescribed for the prevention of an infection in the area of surgery during the early stages of healing. To gain maximum benefit from the use of antibiotics they should be taken as directed and the course of tablets finished.