

# CAIRNS ORAL SURGERY

Dr. Brian Finn B.D.S., M.D.S., M.B.B.S., F.R.A.C.D.S. (OMS)

## **Before Surgery Under General Anesthetic:**

- You may not have anything to eat or drink (including water) for six (6) hours prior to your check in time.
- No smoking for at least 24 hours before the surgery. Ideally, cut down or stop smoking as soon as possible.
- A responsible adult must accompany the patient from the day surgery home, this is non negotiable and your surgery may be denied if you do not have a carer to take you home.
- The patient should not drive a vehicle or operate any machinery for 48 hours following general anesthetic.
- Please wear loose fitting clothing.
- Contact lenses, jewellery, facial piercings and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
- If you have an illness such as a cold, cold sore, stomach or bowel upset, please notify the office.
- If you take routine medications, please check with us prior to your surgical date for instructions.

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## **After Minor Oral Surgery:**

The following information is to assist those patients who have undergone minor oral surgery, either under general anaesthesia or local anaesthesia. Procedures may include the removal of wisdom teeth, surgical extractions, apicectomies, exposure and bonding of buried teeth, closure of oroantral communications and other miscellaneous minor oral surgical procedures. The information below is a guide for patients to follow on discharge.

### 1. HYGIENE/CARE OF WOUNDS

It is ESSENTIAL to maintain a very high standard of oral hygiene using salt water rinses (dilute enough kitchen salt to taste in warm water) and regular toothbrushing. You should commence your salt water rinses and toothbrushing the day AFTER surgery and you should aim to complete rinses every two (2) hours for the initial 48 hours, following the initial 48 hour period rinsing after meals and before bed will suffice. Gentle toothbrushing around the wounds may cause a small amount of bleeding, particularly around apicectomy sites, but it is important to remove food debris and plaque from the area of the wounds.

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## 2. DRESSINGS.

Usually no dressings are required with intraoral surgery.

Spare mouth packs are generally supplied by the hospital to assist with control of oozing and bleeding from surgical sites.

## 3. SWELLING AND BRUISING.

Some swelling and bruising can occur with intraoral surgery.

Generally, swelling takes up to three days to reach its maximum then this will slowly subside over about ten days. Bruising can be unpredictable and may vary from some minor facial bruising to more extensive bruising that may extend to the orbits or down the neck. The bruises slowly discolour with time and may take 10-14 days to disappear. Ice packs should be applied regularly to the face over the first 48 hours. The hospital will normally supply you with several ice packs to take home.

## 4. NUMBNESS.

When you recover from your surgery you may notice parts of your face are quite numb. You are given local anaesthetic injections at the time of your surgery; this is done deliberately as a pain control measure.

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The numbness generally takes 6-8 hours to wear off and during this time you should avoid contact with hot liquids etc. On occasions, some of the sensory nerves in the jaw bones can be disturbed by the surgical procedure (particularly with the removal of very difficult impacted lower teeth) and this may cause some prolonged numbness lasting a few weeks, or in some cases up to six months. On very rare occasions there may even be some permanently altered sensation in and around the jaws

## 5. BLEEDING.

From time to time some oozing may occur from third molar and extraction sites. This can usually be controlled by the use of pressure packs. These should be placed over the wounds and pressure applied by biting down firmly on the packs for at least 15 minutes. YOU SHOULD REST QUIETLY WITH YOUR HEAD ELEVATED. The hospital will supply you with spare pressure packs to take home and if the oozing or bleeding does not stop within 30 minutes please contact the hospital in which you were treated.

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## 6. DIET.

A very soft diet is necessary for the first three days and foods should be of a “scrambled egg” consistency. It is important to avoid hot foods within 24 hours of the surgical procedure. It should be possible to recommence a fairly normal diet by 5-7 days post-operatively.

## 7. SMOKING.

Smoking can negatively affect the outcome of any surgical procedure. Patients who smoke can expect inflammation of their intraoral wounds and delayed healing. **IT IS STRONGLY ADVISED THAT PATIENTS AVOID SMOKING ALTOGETHER** for at least two weeks following an intraoral surgical procedure.

## 8. STIFFNESS.

After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is **NORMAL** and will improve in 5 to 10 days.

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## 9. POST-OPERATIVE MEDICATIONS AND SUPPLIES ETC.

You will be provided with the following on discharge:

a) A course of antibiotics.

You will have been given intravenous antibiotics in the operating theatre and sometimes on the ward post-operatively. A prescription for your oral antibiotics will be available for you to take home or alternatively the ward may have the prescription filled for you before discharge. **IT IS ESSENTIAL YOU COMPLETE ALL OF THE ANTIBIOTICS** as indicated on the label.

b) Analgesics.

These are also prescribed and the prescription will be available for you to take home or, as with the antibiotics, the ward may have the prescription filled for you before discharge. Generally “middle of the range” analgesics are satisfactory for pain control following minor oral surgery.

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## 10. PROBLEMS.

After carefully reading the above information, please CALL THE PRACTICE if ;

- You experience excessive discomfort that you cannot control by your tablets.
- You have bleeding that you cannot control by biting on gauze.
- You have increasing swelling after the third day following surgery.
- You have a temperature greater than 38 degrees (use a thermometer).

## 11. FOLLOW-UP CARE.

It is important that all patients are seen for follow-up and usually an appointment will have been made for you to attend our doctor's rooms around a week post-op. It is not uncommon for sutures to fall out prior to this appointment and this is not a matter for concern. If you do not have an appointment please telephone the practice on 07- 4051 3838 to make a post-operative appointment.

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## 12. EMERGENCIES

If you have any concerns following your surgery please do not hesitate to contact our rooms 07 4051 3838. If for some reason this is not possible, there is a 24 hour emergency department at the Cairns Base Hospital 07 4226 0000.