Bastow & Chye
CompleteDental

FOLLOWING DENTAL SURGERY

To prevent bleeding

Rest for a few hours & avoid vigorous activities for a few days.

- Keep pressure on site by keeping gauze pack in place for ½ hour then change gauze every 30 mins for 3 hours. If asleep after sedation gauze can be changed when awake.
  A small amount of oozing blood is normal for 4-8 hours, but if the wound should begin to bleed again reapply gauze to site and bite firmly for 20 mins. Bleeding failing to slow down after this time, seek Medical Advice as per below.

Rinsing:

- Do not rinse for 3 hours.
- Apply an icepack (frozen peas etc.) wrapped in a tea towel to the cheek area 20 minutes on and then 20 minutes off over the first day or two can be helpful
  For pain relief: 2-3 hours after Extractions (or when pain begins)
  2 x Panadol & 2x Nurofen, if this does not help with the pain, take 1-2 Endone as required. (After 4 hours Panadol and Nurofen can be taken, but Endone can only be taken 6 hours after the last dose)
- ***PLEASE ADHERE TO CORRECT DOSAGES PER DAILY USAGE AS PRESCRIBED & as ADVISED ***

The stronger pain medications taken over a period can lead to stomach cramps and constipation. Ensure your water intake is sufficient and after the first 48 hours we recommend using a routine medication like Panadol or Nurofen as required.

Eating:

- Do not eat or drink during the first 3 hours after surgery.
- During the healing phase eat nutritious soft food like soup, fish, pasta, yogurt.

AVOID chewy foods, hot drinks, ALCOHOL 24 HOURS & SMOKING

To prevent infection:

- **If you have been prescribed antibiotics start to take the following morning and continue until completion.**
- Gently rinse with warm salty water (1/2 teaspoon salt in ½ glass of warm water) once bleeding has ceased completely. Continue for 3 weeks especially after eating.

Any concerns please ring us on 33964094 or RING 000 /present to a hospital after hours.

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