



VICTORIA COURT
DENTAL CENTRE

Victoria Court Dental Centre
ABN 16 275 727 353
Suite 10 Victoria Court
36-40 Victoria Street
East Gosford NSW 2250
T. 02 4323 1933
F. 02 4324 9049
W. victoriacourtdental.com.au

POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

- After surgery keep internal gauze in place for 20 mins, applying pressure. A small amount of bleeding is normal, however repeat again if bleeding persists, but leave no longer than 20 mins as we need the blood clot to stay in place to promote good healing.
- Do not rinse your mouth for 24 hours, and then you can rinse with luke warm saltwater 4-5 times a day. Savacol rinses morning and night are also highly recommended.
- Apply a cold compress to the side of your face where the surgery was performed, 15 mins on 15 mins off. This will help reduce the amount of swelling, which can be quite normal in surgical cases.
- Tonight sleep with your head slightly elevated under a couple of pillows.
- Take painkillers and other medications prescribed as directed.
- Keep fingers and tongue away from surgery sights.
- Do not exercise or undertake any strenuous work for the next 24 hours, as we don't want you increasing the blood flow.
- Avoid HOT drinks and hard chewy foods for the first few days. Enjoy a soft and cool diet, trying to keep food away from the surgery sight and drink plenty of water.
- Do not smoke or consume alcohol for the next 48 hours after surgery. Both can cause problems with the healing which can be very painful.
- If you have had any sinus exposures from the surgery, it is very important NOT to blow your nose until your Dr advises you otherwise, don't sip through a straw or spit out as this can also create a suction affect. You may have a pack over the surgery sight which we would like you to leave in place until we see you next. If however it does come away contact the surgery and we will advise you whether to come straight in.
- If you do have persistent, pain, swelling, numbness or queries after the first few days please call us we are here to help.
- If you had any form of sedation for the procedure, ensure that all relevant instructions are followed.
- **POST OPERATIVE VITAMIN THERAPY**
After oral surgery there is diminished intake of vitamin therapy. Drugs especially analgesics, decrease the level of vitamin C in the body
Ascorbic acid is essential for the maintenance of normal cellular material of connective tissues, bone, teeth and blood vessels.
If vitamin C levels fall healing is slow.