



Dr. Han Choi
ORAL & MAXILLOFACIAL SURGEON
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Postoperative Instructions

Tooth Extraction

Bleeding

Small amounts of bleeding and stained saliva is normal. If the bleeding is continuous and bright red, then roll up the gauze provided, dampen with cold water and bite down on it over the site for 20 minutes – the pressure helps stop the bleeding. Please try this several times. After this, if you continue to spit out clots or bright red blood then please give us a call.

Swelling

An ice pack applied to the side of your face helps reduce this. The swelling is often at its worst on day 2-3 after surgery and may cause discomfort with mouth movements. Apply the ice pack to your cheek for 10 minutes then rest for 10 minutes to help with the discomfort. Alternatively, use a headband to keep the icepacks in place. The ice packs should be kept in a freezer if not in use.

Diet and fluids

Please stick to a softer diet for the next 5 days. Avoid hot fluids for the rest of the day. Avoid fruits with seeds for smoothies eg, strawberries.

Mouth care

Leave your mouth alone for the rest of the day.

1. On the following morning, start gently brushing your teeth, avoiding the extraction sites and use the Savacol mouth rinse morning and night until the bottle is finished.
2. After every meal, soak your mouth using ¼ teaspoon salt in a cup of warm water for 30 seconds. This will help with cleansing the mouth and removing food debris. If you experience food trapping at the extraction sites they will dislodge overtime.

Do not rinse the mouth too vigorously with the mouth rinses.

Dry Socket

Dry socket is a potential complication after an extraction. It is not an infection, and is caused by loss of blood clot from the socket. Your symptoms will usually start around 3 days after the procedure. You will experience pain that radiates down the jaw, foul taste or bad breath. Please inform us (or text the surgeon over the weekend) if you think you have a dry socket so that we can manage your symptoms.

Sutures

You may or may not have dissolving sutures which take 2-3 weeks to dissolve. They will become looser over this period of time. They may be removed at your follow up appointment.

Sedation

It is normal to feel quite tired after surgery and this may last for 2-3 days. It is very important that you do not attempt to drive, operate heavy machinery, drink alcohol or make any important decisions for the next 24 hours.

If you have any concerns please do not hesitate to call us.



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Postoperative Instructions

Full Clearance and Immediate Denture

Bleeding

As the local anaesthetic wears off you may experience some bleeding. If the bleeding is bright red (more than dilute pink) then bite firmly on a piece of gauze over the site for 20 minutes – it is this prolonged pressure which stops the bleeding. If you continue to spit out clots or bright blood, then please call North shore OMS on 094867778. It is normal to have diluted blood over the next 2 or 3 days as the saliva dissolves the clot

Swelling

An ice pack applied to the side of your face helps reduce this. Cover the icepack with a cloth before applying to your face. The swelling is often at its worst at day 2-3 after surgery and may cause discomfort with mouth opening and eating. Please use the ice packs provided several times a day for the next 3 days.

Pain

Please take your pain relief as required and as prescribed.

Diet and fluids

Please stick to a softer diet for the next 5 days. Avoid hot fluids for the rest of the day.

Denture Care/Mouth Care

Do not remove your denture for 24 hours. After 24 hours you may gently remove the denture, clean and replace back in your mouth. At the same time, start gentle warm salt water mouth soaks (1/4 tsp table salt in a tumbler of warm water). You may notice a little bad breath for a few days post-operatively—the mouth soaks will help with this (but not too vigorously which may upset the wound). Please also use the Savacol mouth rinse you have been prescribed. Repeat these steps daily for 2 weeks. After 2 weeks, please remove the denture at night time. As your gums heal and remodel you may experience sore spots. Please see the clinician who fabricated the denture to rectify this.

Food Trap

You will notice a small hole especially if your wisdom teeth were partially or fully through prior to the surgery. This will lead to food trap. We fully understand this is quite disturbing but this will resolve spontaneously over time. It may take up to several weeks to resolve. A vigorous rinsing or attempt to remove the food debris will prolong the hole to close so we advise you to just ignore it as much as possible. You are more than welcome to use a tooth pick or something similar to remove it only if you can do it easily.

Antibiotics

You may have been prescribed a course of antibiotics to take following the surgery. Please stop taking the medication if you feel you are having a bad reaction to it and call us.

Dry Socket

Dry socket is a relatively common complication after an extraction. It is said to occur up to 20% of all wisdom teeth extractions. Your symptoms will usually start around 3 days after the procedure. You will experience increased intensity of pain that radiates up and down the jaw, foul taste and bad breath. It is not an infection but caused by loss of blood clot from the socket needed for healing. Please inform us if you think you have a dry socket so that we can manage your symptoms, this involves simple irrigation and dressing and/or a course of antibiotics.

Sutures

You may or may not have dissolving sutures. If not, these will be removed at your review appointment.

Sedation

It's normal to feel quite tired after surgery and if you have had some form of sedation, this may last for 2 or 3 days. It is very important you do not attempt to drive home yourself, operate heavy machinery or make any important decisions for the first day. We strongly advise you to arrange someone to take you home and remain with you until you are fully recovered. Avoid alcohol for 24 hours post-surgery.

If you have any concerns at any time please do not hesitate to call us. One of our team will be in touch the day after your procedure if needed.

Postoperative Instructions

Dental Implants

Bleeding

Small amounts of bleeding and stained saliva is normal. If the bleeding is continuous and bright red, then roll up the gauze provided and bite down on it over the site for 20 minutes – the pressure helps stop the bleeding. Please try this several times. After this, if you continue to spit out clots or bright red blood then please give us a call.

Swelling

The swelling is often at its worst on day 2-3 after surgery and may cause discomfort with mouth movements. You can apply an ice pack to your cheek/s for 10 minutes intervals to help with swelling and discomfort.

Diet and fluids

Please stick to a softer diet for the next 5 days. Avoid hot fluids for the rest of the day.

Pain Relief

Please take pain relief regularly as charted or as advised by nurse or surgeon.

Paracetamol – please take as soon as possible and take four times a day for pain

Codeine – please take as soon as possible, and as needed for pain relief

Ibuprofen – please take in two hours time and take four times a day for pain

Antibiotic – please take as prescribed until finished

Savacol Chlorhexidine Gluconate – start tomorrow morning, hold in mouth for 15-20 seconds, don't swish around mouth.

Mouth care

Leave your mouth alone for the rest of the day.

1. On the following morning, start gently brushing your teeth, avoiding the extraction sites and use a mouth rinse morning and night.
2. After every meal, use a salt rinse (¼ teaspoon salt in a cup of warm water) for 30 seconds. This will help with cleansing the mouth and removing food debris.
Do not rinse the mouth too vigorously with the mouth rinses.

Sutures

You may or may not have dissolving sutures which take 2-3 weeks to dissolve.

Sedation

It is normal to feel quite tired after surgery and this may last for 2-3 days. It is very important that you do not attempt to drive, operate heavy machinery, drink alcohol or make any important decisions for the next 24 hours.

Temporary Denture

If you have been provided with a temporary denture take them out as much as possible to allow optimal healing of your implant. Remove them when sleeping.

Bone granules

If you received a bone grafting procedure, it is normal for some small granules to fall out from the area.

If you have any concerns please do not hesitate to call us.

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