

Post-Surgical Care Guide

Post-Surgical Care of mouth

1. Mix one level teaspoonful of ordinary table salt into a tumbler of hot water (HSWMR), as hot as your mouth can take.
2. Take a large mouthful and tilt your head to the painful side so that the salt solution bathes the surgical site.
3. Hold it there for one minute before spitting out. Repeat the procedure until the tumbler is empty.
4. Do this at least **4 times** throughout the day for the next 7 days.

For Bleeding

Dampen the sterile gauze provided or a clean damp handkerchief, and roll-up, place over the surgical site and close together to apply constant pressure for 5-10 minutes.

Day of Treatment - Ice Packs (or frozen peas) every 2/3 hours and painkillers (see below)

Next Three Days -

1. Painkillers: 400mg *Ibuprofen tablets* (e.g. *Nurofen plus*) 3-4 times a day after food. Alternatively, take 1000mg *Paracetamol* if you suffer from any gastric conditions or asthma.
2. For facial swelling: use the Ice Packs provided (or frozen alternative)
3. HSWMR every 4 hrs
4. Avoid toothbrushing the area for at least a week after the surgery.