



03 93 757 700

84 Maribyrnong Road, Moonee Ponds, VIC.

www.mpperio.com.au

Post-operative instructions

Minor surgery: tooth extraction, implant placement, biopsy, minor bone graft.

1. **Bleeding:** It is normal to experience minor bleeding, especially for the first two to three days. Avoid rinsing or spitting for the first 24 hours following surgery as this will increase your chances of bleeding. If bleeding occurs, apply gentle pressure with a clean gauze (or a wet teabag) for about 30 minutes to stop the bleeding. In the case of strong, persistent bleeding, contact us, your dentist or the hospital.
2. **Transportation:** You can drive under normal circumstances, however, if you have taken oral sedation or anti-anxiety medication, you **MUST** have a responsible adult drive you to and from your appointment and stay with you until you fully recover from the effects of the medication.
3. **Pain:** Pain peaks at the second to third day after the surgery. It is advisable to take pain relief medication at regular intervals, approximately every 4-6 hours. The combination of Paracetamol and Ibuprofen is very effective in reducing swelling, inflammation and pain. If you cannot take ibuprofen, paracetamol alone is still adequate. Please contact us in case of strong uncontrollable pain.
4. **Swelling:** Swelling peaks at the third day after surgery and subsides slowly. Cold packs during the first 24 hours in conjunction with ibuprofen may help to reduce the swelling. You can also start using salt water rinses after 24 hours.
5. **Oral Hygiene:** Avoid brushing teeth during the first 12 hours. On the second day, start using an antiseptic mouth rinse (Curasept) three-four times daily. You can also start cleaning and brushing your teeth avoiding the surgical site.
6. **Food:** For the first few days, maintain a soft food diet (eg. scrambled eggs, soup, yoghurt, pasta) avoiding hot, cold or hard foods. Gradually reintroduce harder foods as you heal.
7. **Avoid**
 - **Avoid biting numb areas:** If your lip tongue, or cheek is numb due to the local anaesthetic, be cautious not to accidentally bite these areas.

- Avoid rinsing and gargling for at least 24 hours after the procedure.
- Avoid brushing teeth for at least 12 hours after the procedure.
- Avoid alcohol, smoking and strenuous activity for the first 48 hours. It is best not to smoke for at least two weeks after the surgery.
- Avoid wearing dentures that apply pressure to the area – if you must wear a denture please ensure that it has been adjusted so as not to impact the surgery site.

8. Tips

- Use Ice Packs: In the first 24 hours, apply ice packs to the affected area in 20 minute intervals to reduce swelling.
- Rinse with Warm Salt Water: After 24 hours, you can gently rinse with warm salt water (one teaspoon of salt in a glass of warm water). Repeat this up to five times a day.
- Elevate Your Head: When sleeping on the first night, rest your head on two pillows to keep it slightly elevated. Cover the pillow with an old towel to protect against staining in case bleeding occurs overnight.

Remember, if you experience excessive bleeding, severe pain, fever, or significant swelling after the procedure, contact us immediately. Proper care during the recovery period will help ensure successful healing.

Sinus floor graft

It is important to follow proper post-operative instructions to ensure a smooth recovery. Here are the guidelines:

1. **Bleeding / Blocked Nose:** It is normal to experience minor bleeding or a blocked nose, especially for the first two to three days. Avoid forcibly clearing the nose or rinsing excessively for the first 24 hours following surgery as this will increase your chances of bleeding. If bleeding occurs, apply gentle pressure with a clean gauze (or a wet teabag) for about 30 minutes to stop the bleeding. In the case of strong, persistent bleeding, contact us, your dentist or the hospital. DO NOT use any nasal decongestants as they will make the situation worse.
2. **Transportation:** You can drive under normal circumstances, however, if you have taken oral sedation or anti-anxiety medication, you MUST have a responsible adult drive you to and from your appointment and stay with you until you fully recover from the effects of the medication.
3. **Pain:** Pain peaks at the second to third day after the surgery. It is advisable to take pain relief medication at regular intervals, approximately every 4-6 hours. The combination of Paracetamol and Ibuprofen is very effective in reducing swelling, inflammation and

pain. If you cannot take ibuprofen, paracetamol alone is still adequate. Please contact us in case of strong uncontrollable pain.

4. Swelling: Swelling peaks at the third day after surgery and subsides slowly. Cold packs during the first 24 hours in conjunction with ibuprofen may help to reduce the swelling. You can also start using salt water rinses after 24 hours.
5. Oral Hygiene: Avoid brushing teeth during the first 12 hours. On the second day, start using an antiseptic mouth rinse (Curasept) three-four times daily. You can also start cleaning and brushing your teeth avoiding the surgical site.
6. Food: For the first few days, maintain a soft food diet (eg. scrambled eggs, soup, yoghurt, pasta) avoiding hot, cold or hard foods. Gradually reintroduce harder foods as you heal.
7. Avoid
 - Avoid biting numb areas: If your lip tongue, or cheek is numb due to the local anaesthetic, be cautious not to accidentally bite these areas.
 - Avoid rinsing and gargling for at least 24 hours after the procedure.
 - Avoid brushing teeth for at least 12 hours after the procedure.
 - Avoid alcohol, smoking and strenuous activity for the first 48 hours. It is best not to smoke for at least two weeks after the surgery.
 - Avoid wearing dentures that apply pressure to the area – if you must wear a denture please ensure that it has been adjusted so as not to impact the surgery site.
 - Avoid drinking from a straw or sneezing while blocking your nose – anything that applies excessive nasal pressure may cause bleeding or dislodge the graft.
8. Tips
 - Use Ice Packs: In the first 24 hours, apply ice packs to the affected area in 20 minute intervals to reduce swelling.
 - Rinse with Warm Salt Water: After 24 hours, you can gently rinse with warm salt water (one teaspoon of salt in a glass of warm water). Repeat this up to five times a day.
 - Elevate Your Head: When sleeping on the first night, rest your head on two pillows to keep it slightly elevated. Cover the pillow with an old towel to protect against staining in case bleeding occurs overnight.

Remember, if you experience excessive bleeding, severe pain, fever, or significant swelling after the procedure, contact us immediately. Proper care during the recovery period will help ensure successful healing.

Soft tissue graft

It is important to follow proper post-operative instructions to ensure a smooth recovery. Here are the guidelines:

- 1. Bleeding:** It is normal to experience minor bleeding, especially for the first two-three days. Do not rinse the blood. Apply gentle pressure with a clean gauze for about 30 minutes to stop the bleeding. In the case of strong, persistent bleeding, contact us, your dentist or the hospital.
- 2. Transportation:** You can drive under normal circumstances. However, if you were sedated during the treatment or took anti-anxiety medication, have a responsible adult drive you home and stay with you until you fully recover from the effects of the medication.
- 3. Pain:** The pain peaks at the second-third day after the surgery. It is advisable to take pain relief medication at regular intervals, every 4-6 hours. The combination of Paracetamol and Ibuprofen is very effective in reducing swelling, inflammation and pain. If you cannot take ibuprofen, paracetamol alone is still adequate. Please contact us in case of strong uncontrollable pain.
- 4. Swelling:** The swelling peaks at the third day after surgery and subsides slowly. Cold packs during the first 12 hours, salt water rinses after 24, ibuprofen may help to reduce the swelling.
- 5. Oral Hygiene:** avoid rinsing and brushing teeth during the first 12 hours. On the second day, start using an antiseptic mouth rinse (Curasept) three-four times daily, also start cleaning and brushing teeth but avoid the surgical site for the first two weeks.
- 6. Food:** For the first WEEK, maintain a soft food diet (e.g., scrambled eggs, soup, yogurt). Avoid hot, cold, or hard foods. Gradually reintroduce harder foods as you heal starting from the second week but avoid the surgical site when chewing.
- 7. Avoid**
 - Avoid biting numb areas: If your lip tongue, or cheek is numb due to the local anaesthetic, be cautious not to accidentally bite these areas.
 - Avoid rinsing and gargling for at least 24 hours after the procedure.
 - Avoid brushing teeth for at least 12 hours after the procedure.
 - Avoid alcohol, smoking and strenuous activity for the first 48 hours. It is best not to smoke for at least two weeks after the surgery.
 - Avoid wearing dentures that apply pressure to the area – if you must wear a denture please ensure that it has been adjusted so as not to impact the surgery site.
- 8. Tips**

- Use Ice Packs: In the first 24 hours, apply ice packs to the affected area in 30-minute intervals to reduce swelling.
- Rinse with Warm Salt Water: After 24 hours, you can gently rinse with warm salt water (one teaspoon of salt in a glass of warm water). Repeat this up to five times a day.
- Elevate Your Head: When sleeping on the first night, rest your head on two pillows to keep it slightly elevated. Cover the pillow with a towel to protect against staining if bleeding occurs overnight.

Remember, if you experience excessive bleeding, severe pain, fever, or significant swelling after the procedure, contact us promptly. Proper care during the recovery period will help ensure successful healing.

Dr. Eugene Sheftel.