



POST-OPERATIVE INSTRUCTIONS:

These are the instructions for managing post-operative care issues after your surgery:

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- PAIN** You will experience some discomfort after your surgery which is expected. The medications you have been prescribed will help significantly reduce this.
- Take your medication as directed. A common regime is **Paracetamol** every 4 to 6 hours and **IBUPROFEN** every 8 hours. Normally, this is needed for approximately 3 days. You must take these both to achieve the maximum benefit.
 - Take additional pain relief if prescribed such as codeine and if this has been discussed with your surgeon.
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- SWELLING** You will experience a degree of swelling after your surgery. This is usually worst at day 2 or 3.
- Apply **ice packs** to the area as often as possible or needed for the first 3 days if possible.
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- BLEEDING** A small amount of blood from the wound site is expected. If this occurs:
- Apply pressure to the area with the Gauze swabs that were given in your recovery pack. If you are concerned or this does not stop, contact your surgeon immediately.
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- MOUTHCARE**
- Only use mouth rinses after 24 hours post surgery. Chlorhexadine or warm salt water can be used every 8 hours for 2 to 3 days. This aids with healing of the soft tissues.
 - DO NOT SPIT OUT as this tends to disrupt the wound edges and can potentially lead to further complications.
 - Brush your teeth as normal but do not disrupt or disturb the wound area.
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- EATING**
- Do not eat or drink any hot foods until the local anesthetic wears off.
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- SMOKING**
- Do not smoke for as long as possible. This impairs wound healing and predisposes you to infection.
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After sedation and general anaesthetic – the first 24 hours:

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- CONSUMPTION OF ALCOHOL**
- Do not drink any alcohol during this period. This may cause bleeding and interact with medications that you may be taking.
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- IMPORTANT DECISIONS**
- Do not make important decisions such as signing important documents
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- DRIVING & OPERATING MACHINERY**
- Do not operate heavy machinery or drive. You will still feel tired after your surgery
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You may feel sleepy and forgetful for some time after your surgery. This is common and may last for 24 hours after your surgery.

Mr Christopher GT Lim