

## **POST-SURGERY INSTRUCTIONS**

1. Please make sure you take your pain-killers and medication as instructed by your dentist to ensure a smooth post-surgery recovery.
2. You may experience some facial swelling or pain. You may also have some slight blood ooze from the wound during the first few days. If bleeding occurs, apply a clean folded gauze to the wound and bite on it firmly for 5 minutes
3. Even though the bleeding has stopped, you will taste a little blood. Do NOT try to spit this out - swallow it instead. This is safe and harmless. Rinsing or spitting during the initial 24 hours after surgery will disturb the wound and cause more bleeding.
4. Frequent gauze change or frequent mouth rinsing disrupts the blood clotting process and promotes bleeding. Pressure gauze pack change should be done at 30 minutes intervals, if necessary.
5. You may eat soft food on the un-operated side after the anesthetic wears off. You are advised to go on a soft diet for a few days following your surgery, e.g. liquids (juices, soy milk, milk), porridge, oats, etc.
6. Rest quietly at home. Avoid vigorous exercise or stimulants (e.g. caffeine), or very hot food and drinks for the rest of the day to minimize post operative bleeding.
7. If you are drinking, please drink directly from the cup – do not use a straw.
8. If you are a smoker, try to refrain from smoking for as long as possible, post-surgery.
9. One day after surgery, the site of the operation should be cleansed by rinsing the mouth gently with antiseptic mouthwash given to you by your dentist or with warm salt water after meals, and before going to bed
10. Should a rash or other complication develop after taking the prescribed medication, please stop the medication and
  - a. call the clinic during office hours (Mon-Fri: (9:00 am to 5:00 pm; Sat: 9:00 am to 1:00 pm),
  - b. call your dentist on his/her emergency number, or
  - c. call the Mount Elizabeth Hospital Emergency Department after office hours at (65) 6731-2218.
11. Please make sure you attend all post-surgery appointments that you have been given.