

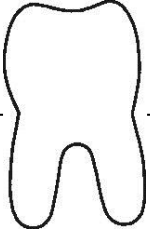
Kawana Dental

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After an Extraction under IV Sedation.

General after care

- Unfortunately, some pain, swelling and bruising is normal and to be expected after having wisdom teeth removed.
- You may not be able to open your mouth fully for days or even weeks while healing.
- Your lip and tongue will be numb for a few hours after the surgery.
- If it is appropriate, you may be prescribed antibiotics on the day of surgery. **Your carer should be available to get the prescription filled out while the surgery is occurring.**
- **Please advise us if you have any known issues taking antibiotics, such as an allergy to Penicillin, or if you have problems taking painkillers like ibuprofen (Nurofen) or paracetamol (Panadol).**
- If you are taking antibiotics, it is a good idea to also take some probiotics (Inner Health Plus or similar) during that time period.
- We recommend you to take regular doses of ibuprofen (Nurofen) for the next few days after surgery. A regular dose consists of two (2) tablets (400mg total) of ibuprofen every 4-6 hours. Try to have some food in your stomach when taking the ibuprofen. In between your ibuprofen doses, we recommend you to take two (2) tablets (1000mg total) of paracetamol every 4-6 hours.



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For example:

12pm- 2 x ibuprofen
2pm- 2 x paracetamol
4pm- 2 x ibuprofen
6pm- 2 paracetamol

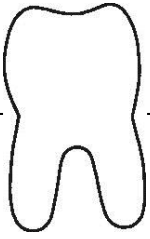
- Your dentist may prescribe a stronger analgesic such as Panadeine Forte which contains codeine. In this case, replace the paracetamol with the Panadeine Forte in the dosing regime above.

**Important: Do not take both paracetamol and Panadeine Forte.
(Excess paracetamol is liver toxic.)**

- Codeine can make you drowsy; therefore you should avoid driving and other activities that require close attention.
- You may have a bad taste in your mouth during the healing phase. However, prolonged foul taste from a wound in conjunction with a prolonged swelling should be assessed by the dentist for infection.
- Any stitches should dissolve within 7-12 days.

Immediate after care

- You will be quite groggy and will need someone you trust (parent, partner, sibling, etc.) to be available during surgery time to possibly get a prescription filled and to assist you into the car after your procedure, drive you home and to look after you for the next five to six hours after you procedure.
- Going to sleep once at home is ok, and normal. Place an old towel over your pillow to avoid staining it as you may dribble. Sitting up, or having your head propped up by a few pillows is better than lying flat. Some bleeding from the area is normal.
- Gauze packs will be in your take home package. You can use these to apply pressure to the extraction sites but only if bleeding continues quite heavily. (Don't use otherwise, as the gauze can remove the clot). Simply dampen the gauze, place over socket and apply strong pressure by biting your teeth together for 30mins. Contact us if excessive bleeding continues.



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- Minimise physical exercise for 48 hours after the procedure. This includes vigorous walking, bending over, picking up heavy things (children) etc.
- Try not to rinse heavily or “swish” your mouth out for the first 24 hours. This allows the wounds to stabilise and heal normally. For bad tastes, wiping the tongue with wet gauze will help.
- Try to also avoid spitting and drinking through a straw as the suction created can dislodge the blood clot forming in the healing site.
- Hot food or drinks should be avoided for the first 24 hours after surgery.
- After 24 hours, you should start rinsing with warm/hot salty water as much as possible. Mix one teaspoon of salt into a glass of warm/hot water. Rinse for 30 seconds, holding the solution over the wound site and then spit out gently. You should do this after eating, a minimum of three times a day but ideally more where possible. This step is very important for avoiding infection.
- Please note: Smoking is associated hugely with an increased risk of infection or “dry socket”.
- Avoid alcohol for the first 48 hours.
- A soft/liquid diet will be required for at least the first 24 hours and maybe longer. Drink plenty of fluids. Try smoothies, soups, scrambled eggs, soft vegetables, yoghurt, etc.
- For the first 2-8 hours after surgery, ice packs can be applied to the outside of the face over the area of the extraction site. Hold in place for 15 minutes, then 15 minutes off. This will help reduce discomfort and swelling. A bag of frozen peas or similar will also work fine.

Please do not hesitate to contact the practice or your dentist if you have any queries or problems after the procedure.

If you are experiencing severe bleeding, severe prolonged pain, high fever, dizziness, allergic reaction symptoms etc. that concern you, please contact us immediately.

In the event you cannot reach us, go to the emergency department of a hospital for immediate medical attention.