

A Guide for Patients and Families

# Dental Surgery: Post-dental Surgery Discharge Instructions



# Care and Management



These instructions provide general information and advice regarding care after your surgery. Taking these precautions may help to reduce risks and complications.



**Diet**



**Activities**



**Wound Care**



**Treatment**

## Diet



You may start with soft diet and resume your normal diet once you feel comfortable chewing



Be aware that at first hot temperatures are not felt due to numbness



**DO NOT SPIT OR SUCK** through a straw as this will encourage further bleeding and may dislodge the blood clot

## Activities



No strenuous exercises after surgery



You may resume your normal activities after you feel well and comfortable

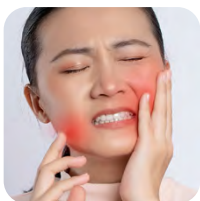
## Wound Care



Do expect slight bleeding from the operation site for at least the first 6 hours after surgery



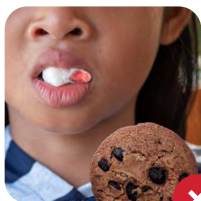
If bleeding occurs, bite firmly on a piece of gauze for 5 minutes / 15 minutes. To be repeated, if necessary



Do expect slight swelling of your lips and cheeks after surgery. The swelling will gradually wear off 72 hours later. Do not apply warm compress to your cheek, as this might worsen the swelling



Some bruising or skin discoloration may appear over the cheeks and jaws that may extend to the neck. It is initially bluish black, turning yellowish green before fading in about 2 weeks



**DO NOT EAT, DRINK  
OR SLEEP** with gauze  
in the mouth



Ensure oral hygiene at  
all times by brushing and  
rinsing after each meal



No smoking for a week  
after surgery



Take your pain medications  
as prescribed by the doctor

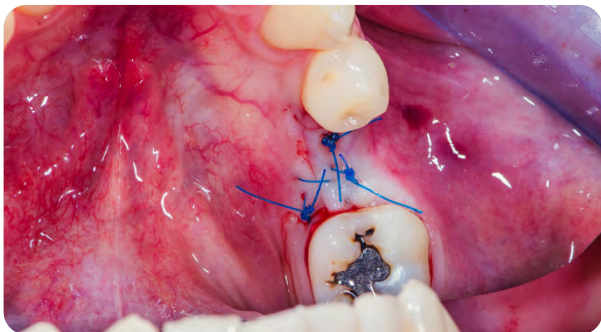


Complete the antibiotics  
as prescribed by the doctor



Stop the medications  
if there are signs of  
allergic reaction (e.g.  
skin rashes, breathing  
difficulty, swollen eyes,  
lips or face)

## Care of Gum Stitches / Dental Sutures /Wound:



- ◆ Types of sutures used
- ◆ Duration of STO
- ◆ Any Special care required

## When to Seek Medical Attention?

If you experience any of the following signs or symptoms, you are advised to seek medical attention immediately.

- ◆ Severe and persistent bleeding from the wound
- ◆ Fever of 38 and above
- ◆ Signs of severe allergic reaction (e.g. skin rashes, breathing difficulty, swollen eyes, lips or face)



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