



MAXILLO FACIAL & ORAL SURGEON

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GENERAL INFORMATION FOR YOUR HOME CARE COMFORT

Following Removal of Erupted Teeth, Impacted Wisdom Teeth and Other Oral Surgical Procedures:

1. **Gauze sponges** – can be removed 1 hour after your surgery. Can be replaced as needed – wet them in cold water first.
2. **Bleeding** – minor oozing is normal and will subside. Do not spit excessively. Bite down on gauze sponge to help control the oozing.
3. **Continuous bleeding** – dip a teabag in cold water and bite down on it. Apply an ice bag or cold pack to the cheek. If unable to control the bleeding contact Dr Mahomed immediately.
4. **Medications** – the medications have been prescribed for you to help with the following:
 - a. Reduce pain and discomfort
 - b. Minimize infection risk
 - c. Promote healing
 - d. Aid in oral hygiene and wound cleanliness

Please use all medications as indicated.

5. **Pain and discomfort** – this is expected after your surgery. Please use the medication prescribed to you even if there is no pain, as this will help to keep you as comfortable as possible. Ensure that you drink enough water with the medication and ensure that you do not take the medication on an empty stomach to minimize the risks of nausea and stomach ulcers.
6. **Antibiotics** – if an antibiotic was prescribed, **please use it as indicated**, this will help to reduce the risks of infection. If you experience a reaction to the antibiotic, stop using it and contact Dr Mahomed immediately.
7. **Rinsing** - do not rinse excessively during the first day after your surgery – this may dislodge the blood clot that has formed and may initiate bleeding and may also lead to the possibility of socket infection. Use the prescribed mouthrinse as indicated. If no mouthrinse was prescribed the following can be used:
 - a. Half a teaspoon of salt mixed in 250ml of warm water, or
 - b. 1 teaspoon of white vinegar in 250ml of warm water.
8. **Meals and fluids** - drink plenty of fluids but take small and frequent sips instead of large amounts at a time. Try not to skip any meals. Rather eat smaller, more frequent portions than large meals.
9. **Oral hygiene** – clean your mouth thoroughly after meals. Brush your teeth as best you can – this will minimize the risks of developing an infection. Food and debris can get caught in the sutures and in extraction sockets therefore it is important to keep your mouth clean.
10. If bowel habits are irregular, it is suggested you take a mild laxative such as milk of magnesia.

Possible side effects:

The removal of impacted teeth is quite different from that of the extraction of erupted teeth.

The following conditions may occur, all of which are considered normal:

1. Swelling - will be the most on the 2nd or 3rd day and begins to disappear on the 4th day.
2. Stiffness of the jaws - nature's way of splinting and resting the part which needs to be repaired, and usually relaxes from about the 4th to the 6th post-operative day.
3. Numbness about the corner of the mouth on the same day of the wisdom tooth removal may develop. This is called "paresthesia" and is a temporary condition which will correct itself, it may remain anywhere from a few days to several months. Numbness is usually as a result of a local anaesthetic injection given to assist in pain control.
4. Black and blue marks on the face are caused by bleeding internally into the cheeks or chin. This appears first as a swelling, but often the 2nd or 3rd day it may discolour the face, yellow, black or blue. It will gradually disappear within a week or ten days.
5. General muscle stiffness is sometimes encountered after surgery. It is caused by an anaesthetic drug called Scoline – this usually disappears after 2 or 3 days.
6. There may be a slight earache.
7. A sore throat may develop.



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8. Other teeth will possibly ache temporarily. This is sympathetic (or referred) pain and a temporary condition.
9. If the corners of the mouth are stretched they may dry out and become cracked.