

DR PATRICK J. MEANEY  
& ASSOCIATES

D E N T A L   S U R G E O N S



“Woodville House”

57-59 Elizabeth St, Moss Vale

T: 4869 3111

F: 4869 3121

help@MossValeDental.com.au

www.MossValeDental.com.au

PO Box 950

Moss Vale 2577

Dr Patrick J Meaney

DENTAL SURGEON

BDS MRACDS(GDP) FADI FICD FPFA

Dr Miree H R Cho

DENTAL SURGEON

DMD BBiomed(Hons)

Ms Magdalena Cree

ORAL HEALTH THERAPIST

BOH

## Instruction for home care

This brochure explains after tooth removal and surgical procedures including extractions, periodontal surgery and implant placement.

### 1. Control of Bleeding

#### Before the procedure

##### *Anti-coagulant drugs and medications*

In general, if you are taking an anti-coagulant medication it is for a relatively serious reason and I prefer you continue your medication. If you take warfarin, you will need to have your INR checked immediately the day before or the day of the before the procedure. I require it to be between 2.0 and 3.0 for this procedure. For other anti-coagulants I will discuss appropriate procedures with your and if necessary with your physician.

##### *After the procedure*

If I have asked you to bite on cotton gauze, please keep pressure on the gauze by biting on it for at least 20 minutes after you leave my office. I will give you additional gauze. If bleeding continues, take a fresh piece of gauze, fold it three to four times to make a small pad, and bite on it firmly. Make sure it is over the bleeding site. Keep it there for 15 minutes. Pressure is the best way to reduce bleeding, oozing or seeping. It's important to realise that some oozing or weeping is normal after a surgical procedure or extraction. You may find small amounts of blood or oozing for up to 24 hours. This is normal and will stop. If bleeding continues for more than four hours please contact me for advice. However, a tiny amount of blood mixed with saliva, or water in your mouth can resemble excessive bleeding, so do not be alarmed by this—it's normal and it's also one of the reasons I ask you not to rinse or spit.

#### Healing

A blood clot form has to properly form to allow you to start the healing process. To avoid disturbing the blood clot at the surgery site, you should plan to take it easy. In particular:

**DO NOT EAT** for four hours after you leave my office.

**DO NOT RINSE** your mouth or drink any tea, coffee or other fluids for four hours after you leave my office. (If necessary, take a small sip of water with pain relief tablets).

**DO NOT SMOKE** for at least 24 hours. 1-2 weeks during the healing period is better and never again is best.

# Instructions for home care

**DO NOT DO ANY STRENUOUS EXERCISE** for at least 24 hours. For some procedures, two days without strenuous activities is best—I will advise you of this if necessary. It is important to keep your blood pressure normal. Rest, and avoid doing anything that requires effort. Reading, watching TV, or sleeping are all recommended activities. If you require a medical certificate please let me know.

It's also a good idea is to apply pressure over the surgical site with an ice pack, or ice-cubes in a tea-towel. Simply press firmly on the outside of your face over the site where you had the extraction or surgical procedure for 5 minutes on, 5 minutes off for 30 minutes, when you get home; you can't overdo this remedy, so 60 minutes to two hours is helpful too. Doing this will reduce your chance of bruising or swelling.

## 2. Control of Pain

### Before the procedure

I recommend taking a dose of a combination medication called NUROMOL® (pictured), (ibuprofen + paracetamol) one hour before your appointment. This helps to prepare your body to cope with the inflammatory response produced by a surgical procedure. If you do this, you should be more comfortable immediately afterwards and as the local anaesthetic wears off. Please consult your medical practitioner if you believe you cannot take these medications.

### After the procedure

You can take analgesics (pain relief) for example:

- • Nuromol®
- • Non-Steroidal Anti-Inflammatory drugs
- ('NSAIDS') like Nurofen®
- • Paracetamol ( Panadol®, or any other paracetamol)



For pain control after some dental procedures and more severe infections or trauma, research has shown that combining paracetamol and ibuprofen works better than either drug on its own. It is also more effective for dental pain that is caused by inflammation than drugs containing codeine or other analgesics.

I have found that Nuromol in this formulation provides very good control of pain after dental procedures. You should not take this medication if you cannot take paracetamol (Panadol®) or ibuprofen (Nurofen®). If in doubt please ask your medical practitioner or specialist for advice.

I recommend a starting dose of 1 tablet for moderate pain and 2 tablets for severe pain.

NOTE: Even though the packet instructions say not to take this medication if you are over 65, or for longer than 3 days at a time, if I have given you this information sheet, you are taking Nuromol under 'medical' (dental) supervision, so it's safe for you and you can continue to take it for longer than 3 days if you have severe pain.

**Do not exceed 6 tablets in any 24 hour period.**

**Do NOT combine Nuromol with extra Panadol or extra Nurofen.**

# Instructions for home care

## 3. Control of Infection

The healing period for most people is 7-10 days. This can be longer for people over 70, diabetic patients or patients with an impaired immune system.

During this time:

- Eat soft foods (nothing too hard, too hot, or too spicy) e.g. omelettes, soup, etc
- 3 times a day, rinse your mouth gently with a warm salty water mixture: *Take half a cup of warm water and mix 1-2 teaspoons of table-salt until it dissolves. Rinse your mouth GENTLY for 1 minute. You may experience unpleasant breath after surgery or an extraction— rinsing with the saline mixture will help to minimise this problem, and it also acts as a natural disinfectant.*

**DO NOT SWALLOW - SPIT THE SALT-WATER MIXTURE OUT.**

### Dry socket – ‘alveolar osteitis’

The most common complication after tooth removal is known as a **dry socket**. If you have ever had this, please let me know **before** your surgical procedure. For most dental extractions, I will place a sterile piece of Spongostan™. Spongostan is an absorbable haemostatic sterile gelatin sponge used to help stop bleeding promote healing; it is completely absorbed in the surgery site or extraction ‘socket’. This helps prevent food debris from contaminating the area and helps you retain the blood clot. Dry socket infections typically occur 3 days after the procedure and follow the loss of the blood clot. If you believe you have developed a dry socket, please call me for advice.

### Antibiotics

Antibiotics can be useful in preventing and treating infection. If you develop swelling, and a raised temperature, you may benefit from antibiotics. There are some types of congenital cardiac defects where antibiotics are essential prior to surgery; you should already be aware of this necessity and either I or your medical physician can prescribe appropriate antibiotics for you. Antibiotics will be considered prior to implant and other surgery, but are unnecessary for most procedures discussed here.

If you have any questions at any time about any aspect of your treatment please contact me. If you have sutures inserted you may need to have these removed. I will tell you if this is necessary.

Home telephone: 4868 1280

Mobile: 0407 266 344