

Post-Operative Pain Management Plan for Patients Aged 12 and Above

| | No pain | Mild pain | Moderate pain and 1st dose after procedure | Moderately severe pain | Severe pain |
|-----------------|---------|-----------|--|------------------------|-------------|
| Panadol | - | 1 | 2 | 1 | - |
| Nurofen | - | 1 | 2 | 2 | 2 |
| Panadeine Forte | - | - | - | 1 | 2 |

The table above shows the recommended dose based on the pain level.

For moderate to severe pain, the regimen is '4 x 4' which means taking **4 tablets FOUR times a day**, as needed. That makes a maximum of 16 tablets per day.

First Dose After Procedure

We recommend starting with a dose of

2 Panadol + 2 Nurofen, taken up to 4 times daily.

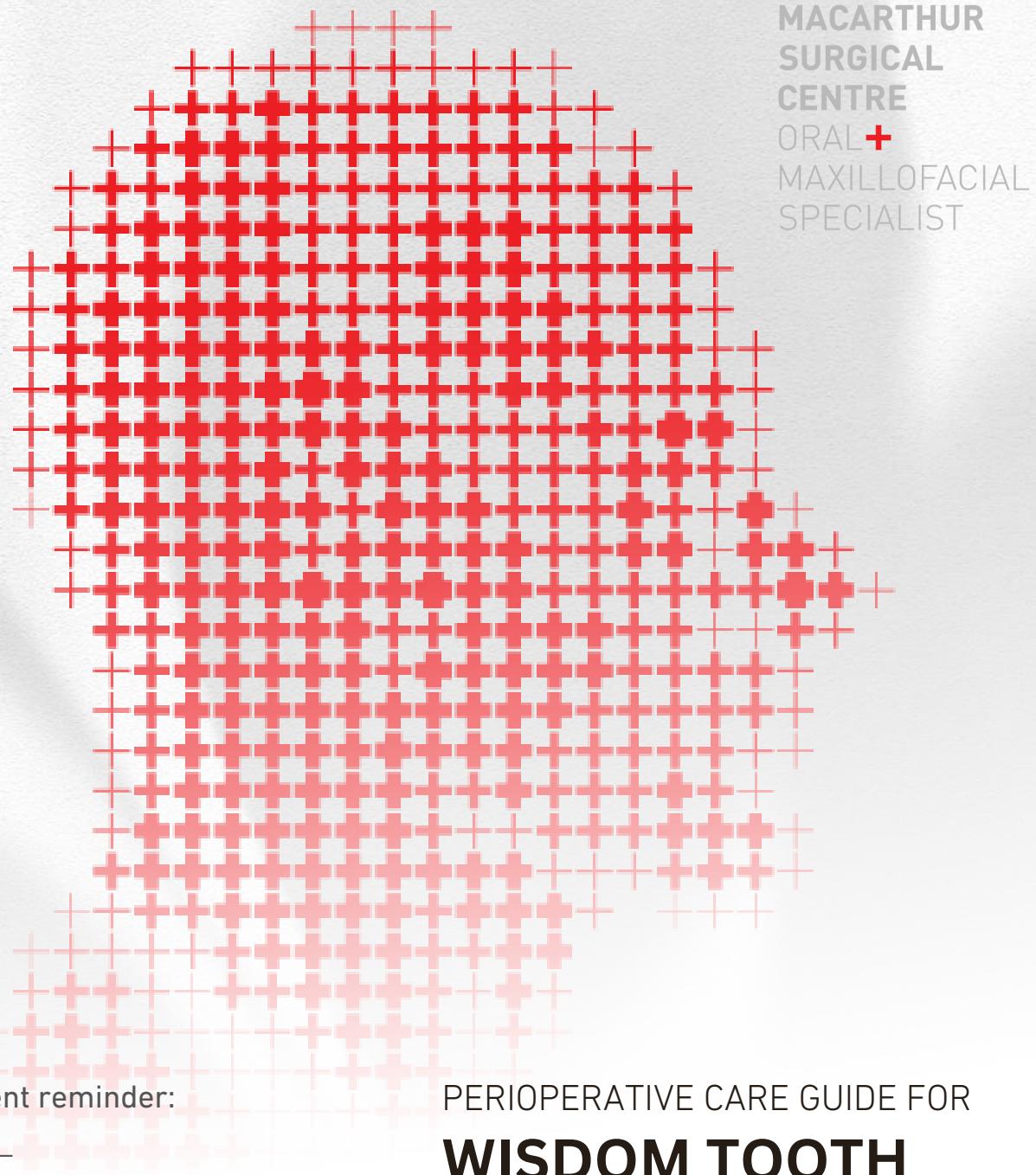
It's best to take the first dose before the local anaesthetic wears off, as managing pain early is more effective than addressing it later.

If the initial dose does not effectively control your pain, you may take the prescribed Panadeine Forte, a stronger pain reliever.

This plan is designed to simplify your post-operative pain management. We recommend taking regular pain relief for approximately 48 hours after surgery, after which you can reassess your need for further medication.



- 1 Panadeine Forte **substitutes** 1 Panadol.
- Strong pain relievers may cause constipation, so it's important to include fiber-rich foods in your diet or consider supplements like Metamucil.



Next appointment reminder:

Date: ___ / ___ / ___

Time: ___ : ___ AM/PM



Day of Surgery

Prior to surgery, please consider to purchase the following items at the chemist to support your recovery:

- Chlorhexidine mouthwash (e.g. Curasept or Savacol)
- Child-size soft toothbrush
- Ice-pack

In addition, you will be given a care package following your procedure which includes:

- Perioperative care guide for wisdom tooth removal
- Spare sterile gauze

In the first few hours after the procedure:

- Avoid chewing or biting on the numb area to prevent injury. Be cautious with hot foods and beverages until the numbness wears off completely. Numbness from the local anaesthetic can last for several hours.
- Remove the original gauze placed at the time of your surgery upon arriving at your home. Only replace this gauze in the event of excessive bleeding by rolling up the sterile gauze into a ball, place it over the socket and keep gentle biting pressure for 15 to 20 minutes.
- Take the recommended first dose of pain management in an hour or two after the procedure.
- Take a rest with your head elevated (do not lie down flat) and avoid strenuous activities or heavy lifting for the first 24 hours.

Do not:

- Rinse, spit, suck lollies or drink through a straw.
- Smoke or consume alcohol, as these can interfere with the healing process.
- Exercise, lift, or operate heavy machinery.
- Brush the surgical area directly for the first couple of days (you may brush around the other areas).

Do:

- Drink plenty of fluids and eat soft foods, e.g., scrambled egg, mashed potato, pasta, soup, etc. Avoid hot, spicy, crunchy salad or crusty bread that could irritate the surgical site. Small, frequent meals are best.
- Take the antibiotics (if prescribed).



A Day After Surgery For Up To 1 Week

- **Gently rinse** your mouth with warm salt water (1/2 teaspoon of salt in a glass of water) or the Chlorhexidine mouthwash (Curasept or Savacol) after every meal and before bed. Do this 3 - 4 times daily for up to 1 week.
- **Resume your oral hygiene routine**, but use a soft-bristle or baby toothbrush around the surgical area to prevent irritation.
- In the first 3 - 4 days, continue to **eat a nutritious soft diet** and avoid having anything hard or crunchy, including nuts and seeds. You may thereafter expand your diet to harder foods as tolerated.
- **Jaw exercises**, to prevent the jaw from becoming 'locked' as a result of muscle spasm, commence jaw exercises 2-3 days after surgery as your jaw will become stiff and sore. Place both the right and left index fingers on your lower teeth and place both your left and right thumb on the top teeth, then gently push them apart. Continue these exercises for 1 week.

To support your recovery, be sure to follow your postoperative care instructions carefully.

Additional instruction:



Actions to Take If Complications Occur

Managing bleeding

Some light bleeding or oozing is normal. Blood and saliva get mixed up in the mouth and making it seems like there is more bleeding than there really is. The site could ooze for as long as 24 hours. Avoid spitting, sucking on lollies or drinking through a straw as these activities may dislodge the blood clot formation in the socket.

If you experience persistent bleeding, gently bite on a gauze pad or tea bag for 30 minutes. Rest with your head elevated. Avoid strenuous activities and heavy lifting. If it continues, please contact our office.

Managing swelling and/or bruising

Swelling and/or bruising may peak around the third day post-surgery. To reduce its severity, apply an ice pack externally for 20 minutes at a time, with 20-minute breaks in between. If bruising persists, consider using Arnica cream, which can be purchased at the pharmacy, to help alleviate the discolouration. Bruising should typically diminish within 5-7 days.

Managing nausea

Stop taking any medication until the nausea passes. Sip on lemonade, ginger ale or clear broth.

If you experience severe pain, excessive bleeding, fever, or any other concerning symptoms, contact our office at 02 4628 3377 or seek medical attention immediately.