



# Post Operative Care For Special Needs Patients Following Treatment Under General Anaesthesia

PLEASE INSERT PATIENT'S STICKER

## Rest

It is very important to rest at home for ..... day/s following your dental procedure under a general anaesthetic. A medical certificate may be provided if required. When in bed, keep head elevated, to reduce post-operative swelling.

## Post-operative bleeding

After dental extractions (teeth removed) vigorous activity should be avoided as this may cause further bleeding.

Blood stained saliva is normal for the first day or two after surgery. It is advisable not to suck on straws or to spit as this action can disturb the protective blood clot formed in the areas after surgery and may cause bleeding.

Do not disturb the clot by placing fingers into the wound.

Excessive bleeding can be controlled by applying pressure with the provided packs of gauze or a clean handkerchief, and biting firmly for 30 minutes.

## Post-operative pain

It is not unusual to have some discomfort following dental procedures. Use your usual or p.r.n. pain medication. The dentist will advise you if stronger pain relief is required and a script will be provided on discharge. Any prescribed medication will be added to the patient's residential facility drug chart.

If pain persists or relief is not sufficient, please contact your GP or Locum service.

## Post-operative swelling

Swelling after dental extractions occurs in the first few days post operatively. Keep to soft foods and liquids until swelling subsides.

## Mouth care

Keeping the mouth clean is very important as it helps to prevent infection.

Where practical, the morning after surgery, gently wash your mouth with warm, salty water (1 teaspoon of salt in a glass of warm water), repeat after meals. A drink of water after meals can help rinse food debris.

Brush your teeth after meals. Use regular cleaning with small soft tooth brush, avoiding the surgery areas until wound heals.



**DO NOT SMOKE**

This can cause an infection.



## Sutures (stitches)

If you have any sutures they will resorb in 3-5 days or an appointment will be made to have them removed.

## Diet

You may find a soft diet easier to manage after surgery, but you should return to a normal diet as soon as you are comfortable.

If the person generally has swallowing problems, extra care must be taken as aspiration could be a high risk. Please contact your GP if not sure.

## General Anaesthesia

Your throat may be sore following a general anaesthetic and you may experience some nausea or vomiting. Contact your GP or locum if this is severe.

For the next 24 hours:

- Do not drive a car or operate machinery
- Do not sign legal documents
- Contact your GP, locum or go to the nearest emergency department if your condition deteriorates

## Contacts

### Day Surgery Unit (questions concerning the anaesthetic)

Monday - Thursday | 7:00am - 7:00pm

Friday | 8:00am - 4:30pm

Telephone: 9341 1257 or 9341 1258

### Dental Hospital Integrated Special Needs Unit

Monday - Friday | 9:00am - 4:30pm

Telephone: 9341 1261

### Dental Emergency Department (questions about your mouth/teeth)

Monday - Sunday | 8:00am - 9:15pm

Telephone: 9341 1000

Outside these hours please telephone your GP, Locum or go to your nearest hospital emergency department.

You can also telephone Nurse on Call if you have any queries on 1300 60 60 24.

