

DENTAL SURGERY - (DISCHARGE INSTRUCTIONS)

1. **You have undergone a dental operation** with Dr Howard Lee
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received sedation, the effects of which will last several hours. These medicines can cause:
 - Confusion/poor concentration
 - Slower reaction time
 - Drowsiness/tiredness
 - Dizziness/feeling faint
 - Blurred or double vision
 - Muscle weakness
 - Anxiety and mood changes
 - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day.** DO NOT go anywhere else.

For the next 24 hours DO NOT:

- Drive a motor vehicle, motorcycle, or operate machinery,
 - Drink alcohol
 - Sign legal documents
 - Conduct business agreements
 - Exercise.
3. **You may resume your normal prescription medicine** (unless told otherwise) when you go home.

AFTER DENTAL EXTRACTION SURGERY

- Keep the gauze swab in place with pressure (biting firmly) for 30 minutes after leaving Ulladulla Endoscopy and Medical Centre (UEMC).
- No smoking for at least 3 days.
- Swelling may occur and can be reduced by holding an ice pack or packet of frozen vegetables against the face in the area of the extraction for no longer than 10min/hour
- If bleeding persists or recommences: Roll up a fresh piece of gauze, place it over the bleeding spot and bite on it for an additional 30 minutes.
- If in pain, rest with the head raised.
- For pain relief take Panadol and/or Nurofen but DO NOT take Aspirin.

AVOID for at least 12 hours:

- Eating hot and/or hard foods or having hot drinks. When numbness has gone, you may eat and drink LUKEWARM or COLD soft foods and liquids. Take care if attempting to eat or drink while you face is still numb as you might bite or burn yourself (chew soft foods away from the wound).
- DO NOT rinse the mouth until the NEXT day.
- Drinking alcohol or smoking.
- Playing sport or doing any strenuous exercise.

From **TOMORROW** and for at least 7 days:

- Rinse your mouth gently and thoroughly with:
Warm salty water (1 teaspoon of salt in a cup of warm water).
- Clean your teeth as best you can,
- It is common to find loose piece of sharp bone following extraction.
- Please feel free to contact the surgery for any further advice.

Patient Specific Instructions:

Signed: _____ Name: _____

POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:

If bleeding is significant, contact UEMC or your local hospital. If pain is not relieved by Panadol, or if you develop redness, trauma:

CONTACT: Dr Howard Lee – Phone: 02 4412 7877 or Local Hospital

Please advise Ulladulla Endoscopy and Medical Centre of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

For any urgent medical issues after hours, or if you are experiencing serious pain or discomfort following any procedure, you need to go to the Emergency Department of your closest Hospital.

EMERGENCY CALL 000 for a NSW Ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

FEEDBACK: At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on admin@southmedical.com.au or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539.

