

Pre & Post Operative Instructions

Pre-operative Instructions

The following instructions may be helpful when preparing for your upcoming surgery. Please do not hesitate to call if you have any last minute questions. We can be reached telephonically on 012 460 7085 during regular business hours.

If you are taking any “blood thinning” medication, please discuss this with Dr.Dippenaar. It may be necessary to alter the dose or discontinue the medication before surgery. This must be done in conjunction with the prescribing medical practitioner.

Dr.Dippenaar will provide you with a script for medication which should be taken strictly as prescribed.

General Surgery in our Office:

- Take medication as prescribed.
- One hour before surgery have a meal with the anti-biotics.
- Bring your pain medication with you to the appointment.
- Always remember to drink plenty of fluids with your medication.
- You will be able to drive after your surgery unless specified or advised to the contrary by our staff.

Surgery under General Anaesthetic [In clinic/hospital or our surgery]

- Do not eat or drink anything for a minimum of 6 hours before surgery (to be confirmed by Anaethetist)
- Routine medicine should not be taken in these 6 hours unless instructed by your medical practitioner.
- All current medication and medical conditions must be declared at admission (or before the time if surgery done in office)
- Do not take any valuables with you
- Please take note that you may not drive or operate machinery for a minimum of 24 hours after surgery. Ensure transport is arranged.
- Ensure payments are settled before surgery, or in the case of clinic/ hospital admission, arrange for reliable payment to be taken with you for any excess or co-payments.

Post-operative Instructions

- It is not abnormal to experience a degree of discomfort after surgery. Everything possible has been done to ensure a speedy recovery
- Slight bleeding may be detected for the first day or two and is not abnormal. Please do not hesitate to contact my office if you are concerned.
- Elevate your head when lying down
- For extractions, use gauze provided or purchased at any pharmacy, to bite down on, to stop bleeding.
- If bleeding continues, bite down on a dry, new teabag. The tannins and pressure will assist in stopping the bleeding.
- Hot beverages should be avoided during the first 24 hours after surgery. Excessive rinsing may also

elicit unwanted side effects.

- Swelling may occur following your surgical procedure and will typically increase 2-3 days after the procedure. To minimize the swelling on the first day, place an ice pack over the outside cheek area for 20 minutes on and 20 minutes off.
- Until comfortable, avoid chewing on the side where surgery was completed. A soft diet is recommended. Clean breakable foods such as chicken, fish, vegetables, eggs, yogurt and fruits are more easily eaten. Remember, adequate nutrition is essential for feeling better as well as for healing
- Oral hygiene procedures must commence immediately. Do not brush directly on the surgical site until the following day. You may resume normal brushing/flossing in other areas. Light brushing from the first day and flossing after the first week is required.
- Do not smoke for at least 2 weeks following your surgical procedure. It will significantly slow healing and can compromise results.
- It is not unusual to have discomfort for at least the first week following your surgical procedure. You will be given a prescription for medication to help you tolerate the discomfort. Please take your medications as directed. It is advisable to not take pain medication on an empty stomach, as nausea may result.
- An antibiotic may be prescribed following your surgical procedure. Take as directed until the entire prescription has been completed. Failure to take all antibiotic pills as prescribed can increase your chances of creating antibiotic resistance. It is advisable not to take these medications on an empty stomach, as nausea may result. For women taking birth control pills, be advised that antibiotics may interfere with the effectiveness of contraceptives.
- You may notice increased discomfort 4-5 days after the surgical procedure. As the tissues begin to heal, they may pull against the sutures and dressing. You may choose to take some form of pain medication to minimize tenderness.
- Rest for at least two days after oral surgery. Physical activity is not recommended for 2 to 3 days after your surgery. Typically, you should be able to resume normal daily activities within 48 hours after surgery.
- A follow-up appointment is usually required after 14 days. Please contact us to make the arrangements.

Please contact our offices if you are concerned about any aspect of your surgery.

012 460 7085

Speedy recovery

Dr.A.P.DIPPENAAR