



PATIENT INSTRUCTIONS FOLLOWING SURGERY

- 1) You must be accompanied home (**NOT a taxi**) and preferably rest for 2 to 4 hours. **YOU MUST NOT DRIVE** or operate machinery until the next day.
- 2) **Pain-killers:**
BRUFEN - 2 tablets to be taken **once** a day, with food for one week, following surgery.
Next tablet to be taken: then after dinner each evening.
PARACETAMOL/CODALGIN - 2 tablets may also be taken 4-hourly, if required for pain.
Next tablets to be taken:
- 3) **Antibiotics:**
AMOXYCILLIN/DALACIN - to be taken 1 tablet 3 times daily **until finished**.
Next tablet to be taken then recommence the following morning.
- 4) Do NOT rinse out your mouth today (this will cause bleeding)
Do NOT drink alcohol today (this will cause bleeding also)
Do NOT smoke for as long as possible following surgery. Restrict smoking for 3 weeks post-operatively.
You can eat and drink from *** NB: take care with hot food and drinks. For the next few days you should eat a fairly soft type of diet, to protect the sites of surgery and prevent hurting yourself - eg: eggs (scrambled, poached, omelette), pasta, mashed veges, with sauce or gravy, soups, noodles, ice cream, yoghurt, custard, rice puddings, jellies and milk shakes etc.
- 5) **Please also note: Your sutures are soluble and can take approximately 2 weeks to dissolve. This is quite normal.**
- 6) Use ice-packs (THESE WILL BE PROVIDED) to prevent post-op swelling. Use these for up to 2 days following surgery.
- 7) In the event of bleeding, roll a gauze swab or clean handkerchief, place it over the wound and either apply firm pressure with fingers or bite firmly for **20 MINUTES**. NB: It is normal to experience slight oozing from the wound(s) for some hours post-operatively, and especially when you eat.
- 8) **FROM TOMORROW** - rinse 3 times a day after meals with warm/salty mouthwashes (mix ½ a teaspoon of salt with a glass of warm/hot water). Use **SAVACOL Mouthwash**, rinse with 10ml (undiluted) night and morning, around the mouth for 1 MINUTE, THEN SPIT OUT. Rinsing to start the **DAY AFTER SURGERY**, and continue for one week.

Neil Luyk

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- 9) **IF YOU HAVE ANY PROBLEMS, DO NOT HESITATE TO CONTACT US ON:**
DR NEIL H. LUYK: SURGERY: 529-5910, HOME: 575-7227, MOBILE: 027-497-3852
DR IAN CATHRO: SURGERY: 529-5910, HOME: 529-9226, MOBILE: 0212-408-008

DO NOT FORGET YOUR POST-OPERATIVE APPOINTMENT:

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If no post-op appointment made, please call the office ASAP after your surgery:

DO NOT FORGET TO FORWARD YOUR CLAIM TO YOUR MEDICAL INSURANCE COMPANY

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