

L I A M M O O R E

ORAL AND MAXILLOFACIAL SURGEON

PHONE	03 662 9997
ADDRESS	Leinster Chambers St George's Hospital 249 Papanui Road Merivale, Christchurch 8014
WEB	specialistoms.co.nz
EMAIL	reception@specialistoms.com

General Anaesthetic

Before Surgery

Your surgery will take place at **St George's Hospital Day Surgery Centre**. *Please telephone the hospital on 03 375 6010 the day before your surgery to find out what time you should be admitted.*

1. Ensure you have returned your confidential admission forms to the hospital at least 3 days prior to your surgery (where possible).
 2. **Do not eat or drink anything (including water) for 6 hours prior to your surgery.** This precaution is necessary to avoid the risk of vomiting during or after surgery.
 3. **You are not allowed to drive a vehicle during the initial 24 hours following your surgery.** This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after general anaesthesia is not appropriate.
 4. Please arrange for a **responsible adult** to stay with you for the initial six hours following surgery.
 5. No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
 6. Please wear **comfortable, warm loose-fitting clothes** with loose sleeves and wear low-heeled shoes.
 7. Please do not wear lipstick, excessive makeup, or **nail polish** on the day of surgery.
 8. Please do not take **herbal medication / arnica** for 2 weeks prior to your surgery, as it could cause excessive bleeding during your surgery.
 9. If you have an **illness** such as a cold, sore throat, stomach or bowel upset, please notify the office.
 10. If you take **routine oral medications**, please check with Mr Moore prior to your surgery for instructions.
 11. If you are a private patient, please make sure you have obtained **3 quotes** for your surgery (Mr Moore, Anaesthesia Associates and St George's Hospital). If you have not done so, please contact Mr Moore's reception.
 12. **If you have medical insurance, please make sure you have forwarded a copy of your pre-approval to Mr Moore's practice manager at reception@specialistoms.com prior to your surgery.**
 13. If you have received a prescription from Mr Moore prior to surgery, please ensure you get this filled before the day of surgery.
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After Surgery

Post-operative care after removal of wisdom teeth is important. If followed carefully, it may minimize side effects and prevent complications.

Immediately Following Surgery

1. **Avoid hot food and drinks** as it may cause bleeding during the first 24 hours after surgery.
2. **Mouth rinsing** during the first 24 hours after surgery should be avoided. This may dislodge the blood clot and initiate bleeding.
3. The **gauze pad** placed over the surgical area should be left in place for half an hour. After this time, the gauze pad should be removed and discarded.
4. Place **ice packs** to the sides of your face where surgery was performed.
5. Take the prescribed **pain medications** as soon as you begin to feel discomfort. This will usually coincide with the local anaesthetic wearing off. It is good practice to stay on top of pain by taking your painkillers regularly (i.e. 6-hourly) for the first 2-3 days. We prefer to prevent pain rather than treat pain.
6. If you have been placed on **antibiotics**, start taking it as soon as you have had something to eat. Do not take antibiotics on an empty tummy. More medications information is available on the website.
7. **Do not drive a vehicle.** Doing so could lead to charges of driving under the influence of drugs. This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after sedation is not appropriate.
8. After arriving home, sit down and **keep your head elevated for the first 6 hours after surgery.** Avoid lying down flat as this may cause bleeding and an increase in swelling.

The first 24 hours after surgery

1. **Do not drink any alcohol**, as this will cause bleeding and may adversely interact with the medication you are taking.
 2. Do not make **important decisions**, such as sign important documents.
 3. **Do not operate machinery or drive a vehicle.**
 4. You may be sleepy and forgetful for some hours and may experience periods when you feel "normal" and others when you feel tired. This is a common reaction and may last for 24 hours after surgery.
 5. **Do not smoke** for as long as possible following surgery, as it slows down wound healing and makes you more susceptible to infection.
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