

Discharge Information: post Division of Tongue/Lip Tie



MEG
MELBOURNE ENT GROUP

Dear Patient/Carer:

Please read this document carefully as it contains important information that complements the instructions given by your MEG ENT Specialist during your recent surgical admission.

Medications:

Pain Management:

- You should receive analgaesics and instructions (**e.g. Paracetamol, oxycodone**) prior to your discharge from hospital.
- Use as directed.
- Most patients experience some discomfort once the anaesthetic wears off.

Antibiotics:

- Oral Antibiotics **may** be prescribed and dispensed to you prior to your discharge from Hospital
- If prescribed, it is usually to prevent infection in the first 5-10 days after surgery
- You will be advised by your **MEG ENT Specialist**.

Resumption of “Blood Thinning” Medications:

- Prescribed Blood Thinning Agents
 - **e.g. Aspirin, Warfarin®, Clopidogrel (Plavix®), Rivaroxaban (Xarelto®)**
 - Your **MEG ENT Specialist**, in discussion with your **GP/Physician** will instruct you on when to recommence these medications.
- Over the counter blood thinning agents
 - **e.g. Krill Oil, Fish Oil, Ginseng, Gingko, Garlic, etc.**
 - You can restart these medications **2 weeks** after your surgery.

Regular Medications:

- If you have been instructed to withhold certain medications, prior to surgery, your **MEG ENT Specialist** will give you specific instructions for when to restart.
- Oftentimes you will be able to continue these medications peri-operatively.

Wound Care:

- No specific attention to the wound will be required.
- If any sutures have been placed, they will almost always be dissolvable, and will disappear over 1-2 weeks after surgery, without formal removal.
- Your **MEG ENT Specialist** may suggest a simple oral anti-septic mouthwash such as a **Saline mouthwash**, or **Peter Mac Mouthwash®** to promote oral hygiene for the first 1-2 weeks after surgery.

- Try to avoid any alcohol-based or iodine-based mouthwashes in the first 1-2 weeks, as these will likely irritate and cause discomfort.

Bleeding:

- It is uncommon to have bleeding from the wound site after discharge from hospital.
- If you encounter any bleeding, swelling or redness, you should contact your doctor or the hospital emergency department.

Diet:

- Generally there are no post-operative dietary restrictions, Try also to avoid any significantly acidic, spicy, or salty foods in the first 1-2 weeks, as these will likely also irritate and cause discomfort
- Your **MEG ENT specialist** may suggest certain dietary modifications.

Return to Normal Activities:

- You will usually require only a few days away from work/study for full recovery.
- **First 48 hours:**
 - Avoid hot showers and saunas for 2 days
- **Week 1 post op:**
 - Refrain from vigorous activity for 1 week to reduce the small chance of bleeding.

Attend your nearest Emergency Department or Local GP Clinic if:

- You experience bleeding or sudden increase in bruising or pressure.
- You have increasing pain, and/or discharge.
- You have a fever or feel increasingly unwell.

On your Postoperative Appointment:

- Your **MEG ENT Specialist** will review your wound area, at 2-3 weeks after surgery.

We will confirm the time and date of your post-operative appointment soon. Do not hesitate to contact us if you require any further information regarding these instructions.



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