



# Instructions after oral surgery



*These instructions are meant for patients whom have had treatment at the department of Oral and Maxillofacial surgery. Please read these instructions carefully and contact our office if you have any questions.*

## **Anesthesia**

The local anesthetic usually wears off in approximately 3 hours. Avoid any hot beverages or food during this period of time.

## **Pain**

It is recommended to start the pain medication before the anesthesia has worn off. We advise to use Paracetamol and/or any prescription given. If the pain worsens after 72 hours, please contact our outpatient clinic or hospital.

## **Bleeding**

Some oozing of blood is normal for the first 12-48 hours. If the bleeding persists or is excessive, place a thick (2,5cm) gauze over the bleeding site. Firmly bite for 30-60 minutes. Repeat with a fresh gauze if necessary. Use your fingers to apply pressure with the gauze if you cannot firmly bite on it. Please call our outpatient clinic / hospital if the bleeding does not subside. Do not vigorously rinse or spit for 24 hours.

## **Swelling**

Swelling and bruising of the skin is common after oral surgery. Between day 3 to day 5 after the treatment the swelling is mostly at its worst; please call our outpatient clinic / hospital if the swelling increases after 5 days. Apply cold compresses to the affected area at 10 minute intervals for the first 24 hours to minimize swelling. Dependent on the specific treatment received you can feel a bit sick for a few days.

## **Oral hygiene**

It is of the utmost importance to keep your mouth as clean as possible. Brush your teeth with a tooth brush and tooth paste regularly. Starting on the second day after your treatment you can supplement this by rinsing your mouth with chlorhexidine 0.1% for 7 days. Were you given a syringe? Then you can rinse the wound with salt water after every meal, starting on the second day after the treatment.

## **Smoking**

We strongly advise that you do not smoke after treatment. Smoking interferes with the healing process.

## **Diet**

Try to eat as normal as possible. You don't have to miss any meals.



## Sutures

In most cases, the wound is sutured with suture material that dissolves on its own. Sometimes suture material is used that is not dissolvable. The oral surgeon then removes the sutures at the next appointment. The sutures may sometimes feel tight, as if the cheek has been sutured along with the wound. This is normal.

## When should you contact the outpatient clinic?

It is normal to experience some discomfort for several day after treatment, please call us if you:

- feel sick
- have a temperature above 39 degrees Celsius
- have difficulties swallowing
- have increasing pain or swelling after two to three days.
- when the healing process does not follow the course as the surgeon has explained to you. It is not needed to contact your family doctor or dentist.

## Questions

Contact us with any questions or concerns.

Please call during office hours: (010) 704 01 27.

If you are experiencing an urgent problem outside office hours call the emergency department (010) 704 0 704, they will contact the Oral and Maxillofacial surgeon.



