

Post-operative care after oral surgery

Symptoms

After treatment you may experience the following symptoms:

- swelling of the cheek
- pain
- some continued bleeding
- possibly some restricted mouth movement
- possibly some increase in body temperature

These symptoms are normal and will clear by themselves.

Gauze pad

If your wound is covered by a gauze pad, firmly bite on this. Replace the gauze pad regularly with a dry gauze pad on the first day. Do not rinse your mouth with water on the day of the operation.

Afterpain

Take the first painkiller before the anaesthetic has worn off completely, this is usually after two to three hours. If you did not receive a prescription for painkillers, you can use painkillers such as paracetamol.

Swelling

Swelling can be reduced by placing ice blocks (in a plastic bag covered by a flannel or tea towel) against the cheek or lip as quickly as possible after your treatment. Do not do this continuously, but 15 minutes on, 15 minutes off, etc., and no longer than one day. Swelling will be at its most severe after three days and will start to reduce after five days,

not counting the day treatment took place.

Eating, drinking, smoking and alcohol

The first six hours after the operation you may not drink any very warm drinks such as hot tea/coffee, or very cold drinks. In order not to irritate the wound do not eat any solid food in the first few days after the operation. You should limit the use of dairy products as they increase the production of saliva in the mouth cavity. Smoking and alcohol badly affect the healing process of the wound, especially on the first day after the operation.

Mouth hygiene

Do not rinse and do not brush near the wound on the day treatment took place. The other teeth and molars can be brushed as normal. On the day after the treatment the teeth and molars near the wound may be brushed carefully with a small soft toothbrush, but do, however, avoid any stitches.

In order to keep the wound clean, rinse properly after meals with chlorhexidine 0.12% or lukewarm water.

Chlorhexidine 0.12% is not covered by health insurance, but we do advise you to use this.

If you received a syringe (monoject), you squirt the wound and any stitches with lukewarm water after brushing (don't use hydrogen peroxide). Stand in front of an illuminated mirror, carefully pull

the cheek or lip away and use the other hand to hold the syringe near the wound and empty the syringe.

If the wound is not completely healed, do not start squirting too soon. If, after approximately three days, food remains appear to get into the wound through the stitches, place the syringe between the stitches and into the wound and carefully empty the syringe.

Stitches

After 10 to 12 days the stitches will come out by themselves, unless the oral surgeon advised you otherwise.

Sometimes, the stitches will come out earlier. You don't have to worry about this.

Continued bleeding

In case of continued bleeding, first rinse the mouth properly with lukewarm water. Then place a gauze pad (not cotton wool) on the site of the wound and firmly bite on it until the bleeding stops. This usually takes 60 minutes. Do not rinse during this procedure.

Temperature

If your body temperature has increased to more than 38.5 °C or in case of severe swelling / pain that does not reduce after five days but is in fact getting worse, telephone the Oral Surgery Outpatient Clinic.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.