

Information following your oral surgical treatment

You just had a dental surgical procedure. To promote a successful recovery, it is important that you carefully read the information in this folder and follow the advice given.

Eating, Drinking, Smoking, and Alcohol

- Do not drink very hot or very cold beverages for the first 6 hours.
- Avoid eating hard food during the first few days.
- Try not to smoke for the first week and avoid drinking alcohol.

Oral Hygiene

The wound heals best when the blood can clot properly. To ensure this, it is important not to brush or rinse the first day.

On the second day, you may gently brush around the wound. If you have stitches, you can gently brush over them. The stitches will dissolve on their own after two to three weeks, and gently brushing over them helps them dissolve. Since your mouth may not open fully after the procedure, using a children's toothbrush may make it easier.

If needed, you will be given a plastic syringe (Monoject) to rinse the wound twice a day with lukewarm water. Stand in front of a mirror, gently pull back your cheek or lip, place the tip of the syringe near the wound, and gently squeeze the water out. It is advisable to continue rinsing the wound until it is fully healed, which typically takes 2 to 3 weeks.

Pain and Other Complaints

The anesthesia will wear off in two to four hours and will not affect your ability to drive.

It is normal to experience pain after the procedure. Therefore, it is recommended to take your first painkiller before the anesthesia wears off. Pain may last for up to a week. You can manage the pain with paracetamol, two 500 mg tablets four times a day. You may also be given a prescription for ibuprofen (in sachets or tablets). For severe pain, you may combine paracetamol and ibuprofen. The optimal and maximum dosage for ibuprofen is 600 mg three times a day.

Swelling of the cheek is normal, as well as a blue-yellow discoloration of the skin, similar to a bruise. You can reduce the swelling on the first day by applying an ice pack or a cold compress to your cheek and lip. Alternate this every 10-15 minutes on, 10-15 minutes off.

If the swelling continues to increase after the fifth day, please contact us. A limited ability to open your mouth is common after the procedure and should improve gradually. A mild fever is normal in the first few days after surgery, even up to 39°C. If your body temperature exceeds 39°C or remains above 38,5°C please contact us.

Bleeding After Surgery

In the first few hours after the procedure, some bleeding may occur. This is normal and will stop on its own. Do not spit or apply force to remove blood from your mouth. You can gently dab the blood or let it run out with water.

If bleeding persists, do the following:

- Take a clean gauze or cotton tissue and gently clean and dry the wound. Do not rinse your mouth!
- Take a second gauze and fold it. If you don't have gauze, tie a knot in a clean cotton tissue. Place the folded gauze or the knot on the wound. Keep your jaws pressed together for about 1 hour to apply pressure to the wound.
- If the bleeding continues, contact the Oral and Maxillofacial Surgery (MKA) clinic for further advice.

If you feel the need to lie down after the procedure, use an extra pillow to help prevent further bleeding. For the first 2 to 3 days after surgery, continue to use an extra pillow while sleeping. All aftercare related to your procedure should be handled by the MKA department. Do not consult your dentist or general practitioner for this.

Questions after treatment

If you experience persistent pain or if you are concerned about your condition, you can contact the MKA department between 8:00-12:00 and 13:00-16:00 at 020 444 15 59.

Patient Care

If you have any concerns about the treatment you received from one of our staff members, please inform your treating doctor so that a solution can be found together.

Important Phone Numbers (both locations)

MKA Clinic General and for appointments during office hours: 020 444 11 50 (8:00-16:00).

After office hours: 020 56 91 11 (ask for the on-call oral surgeon at locatie AMC).

For persistent pain: 020 444 15 59 (8.00-12.00 en 13.00-16.00 uur).