

# Instructions after an oral surgery procedure

Oral Surgery



Beter voor elkaar

Now that you have had an oral surgery procedure, it is in your best interest that you read the following information and carefully follow the advice provided. Doing so will help you recover more quickly. Of course, some of the symptoms described below might not occur in your case.

## **Dressing**

If a dressing has been placed on the wound, this must stay in place for at least 30 minutes.

We recommend that you:

- do not touch the wound;
- do not rinse your mouth for the first 24 hours. You are allowed to drink, however;
- do not consume any hot drinks/food until the anaesthetic has worn off;
- do not smoke or consume alcohol for the first 24 hours;
- sleep with your head raised, if possible, by using two pillows, for example.

## **Post-operative bleeding**

A little bleeding from the wound is normal; this may cause your saliva to take on a reddish colour, meaning you might mistake it for blood. This may last for up to 48 hours. If any genuine bleeding (bright red) does not stop by itself, apply a folded, square, wet dressing (avoid using cotton wool at all times) to the wound, and bite down on the dressing firmly for an hour. If your wound is situated below your lip or cheek, hold the dressing down firmly using your finger for one hour, and repeat several times if necessary. If the wound still does not stop bleeding, feel free to contact us by telephone.

## **Ice cubes**

As soon as possible after the procedure, it is a good idea to hold a plastic bag filled with ice cubes against the outside of your cheek or lip for ten

minutes. Repeat this every ten minutes to stop any swelling as much as possible. Keep doing this for 36 hours.  
We also recommend that you do not sit in direct sunlight during this period.

## **Lip or cheek swelling**

Swelling of your lip or cheek or a blue–yellow colour should be seen as normal, as should a raised temperature up to 39°C, and the inability to open your mouth as normal.

In most cases, any swelling will go down after three to four days. If any swelling fails to go down, but instead:

- the swelling gets worse;
- you are experiencing persistent, severe and throbbing pain (from which the tablets prescribed provide no relief);
- you have a high fever (39°C or higher);
- you are struggling to swallow;

do not contact your GP or dentist, but call the oral surgery outpatient clinic instead.

You can call us on from Monday to Friday between 08:15 and 16:30 on the following numbers:

**T** +31 10 297 53 20 Ikazia Hospital

**T** +31 10 290 24 00 Haringvliet Outpatient Clinic

Any other day or time, please call:

**T** +31 10 297 50 00

## **Post-operative pain and prescriptions**

Experiencing some pain after your procedure is normal. The prescribed painkillers will help make that pain more bearable, but will not be able to relieve you of all pain. It is a good idea to take the first tablet before your local anaesthetic has worn off.

You can pick up the tablets we have prescribed at your own pharmacy. If we have prescribed antibiotics, you must finish the entire course.

If we have prescribed a mouthwash, you should start using this the day after your procedure.

## **Stitches**

Stitches will be applied to most wounds. We use stitches that dissolve by themselves within two to three weeks. As such, there is no need to worry if you notice any stitches seem to have disappeared early.

## **Eating**

In most cases, you will be able to eat and drink as normal after the first day. Most patients prefer soft foods. We recommend that you do not smoke or consume alcohol shortly after your procedure, especially if we have prescribed penicillin tablets or capsules.

## **Oral hygiene and brushing your teeth**

To make sure that your wound heals well, proper oral and wound hygiene are very important. This means brushing your teeth immediately after every meal, including on the side where you had your procedure. You should also gently massage the wound using a soft toothbrush. You can also clean the wound itself by gently dabbing it with a dressing folded in half and dipped in a lukewarm saline solution. If the oral surgeon has prescribed a mouthwash, you should start using this the day after your procedure.

## **Open cavity**

A few further points are listed below that are specifically of importance to patients in whom an open connection with the nasal cavity has been created.

The symptoms you can expect in case of a connection between your oral cavity and maxillary/nasal cavity include:

pain;

- severe swelling of the cheek (in which bruising may occur);
- a raised temperature up to 39°C;
- post-operative bleeding via the nose.

You are not allowed to build up any pressure in your nasal and oral cavity. In practice, this means you are not allowed to blow your nose; you are only allowed to 'sniff'. If you need to sneeze, you must do so with your mouth and nose open. You are also not allowed to suck on anything, smoke, strain and play wind instruments for ten days.

## **Nerve loss and/or damage**

Your mandibular nerve, which provides sensation in your lower lip and chin, among other things, runs through your lower jaw. Sometimes, the roots of your molars are set right against this nerve. This nerve may be damaged as part of your procedure, leading to reduced sensation in your lower lip. In nearly all cases, the nerve will heal by itself within a few weeks. The same applies to the nerve that provides sensation in one half of your tongue, and that runs right alongside your lower jaw by the side of your tongue.

There is a risk, however small it may be, of unintentional damage to other elements of your teeth. For example, pieces of any major fillings you have had may chip off, and any crowns may also come loose. In these cases, the oral surgeon will ask your dentist to repair the damage.

## **To conclude**

If you have any questions about the information in this brochure, feel free to contact us by telephone during our office hours.

You can call us on from Monday to Friday between 08:15 and 16:30 on the following numbers:

Oral Surgery Outpatient Clinic

Ikazia Hospital T +31 10 297 53 20

Haringvliet Outpatient Clinic T +31 10 290 24 00 [www.ikazia.nl](http://www.ikazia.nl)







**Let op:** In deze folder staat informatie die belangrijk is voor u. Heeft u moeite met de Nederlandse taal? Lees deze folder dan samen met iemand die de informatie voor u vertaalt of uitlegt.

**Please note:** This leaflet contains information that is important for you. If you have trouble understanding the Dutch language, you should read this leaflet together with someone who can explain the information or translate it for you.

**Dikkat:** Bu broşür sizin için önemli bilgiler içerir. Hollandaca okumakta zorlanıyor musunuz? O zaman broşürü bilgileri sizin için çeviren ya da açıklayan biriyle okuyun.

**Uwaga:** Ta ulotka zawiera ważne dla Ciebie informacje. Masz trudności ze zrozumieniem języka holenderskiego? Przeczytaj tę ulotkę razem z kimś, kto przetłumaczy jej treść lub będzie w stanie wyjaśnić zawarte w niej informacje.

**انتبه:** هناك معلومات مهمة بالنسبة لك في هذا المنشور. هل تواجه صعوبة في اللغة الهولندية؟ اقرأ إذن هذا المنشور مع شخص آخر يترجم أو يشرح لك المعلومات.