Minor oral surgery: post-operative instructions

After undergoing minor oral surgery some aftercare is required. Following these instructions will help minimise post-operative pain, swelling, and prevent infection as well as aid healing.

Pain

The local anesthetic should wear off between 2 to 4 hours. After that, you may experience some pain. Pain relievers can help relieve this pain. You will receive a prescription if necessary. It is best if you start using a pain reliever before the local anesthetic wears off completely.

Bleeding

Your wound may bleed a little the first hour after surgery and should stop by itself. It is best not to spit the blood out as this activates the wound to bleed more.

If there is too much blood in your mouth you may use a clean gauze to clean up some the blood because swallowing too much may make you nauseous. Your mouth may also contain some blood the day after your surgery.

If the wound begins to bleed more heavily, you may do the following:

- Use a clean gauze or handkerchief (no cotton balls) to clean and dry out your mouth. Do not, for any reason, rinse your mouth out!
- Take a new moist gauze, fold it into a small pad, and place it onto the wound.
- Bite on this gauze with a light, steady pressure for 1 hour. It is important to apply constant pressure to the wound.
- If the wound is still bleeding after this, please contact us.

Swelling

You may experience some swelling after surgery, this is normal. The swelling will be at its worst 3 days after surgery and will slowly go away.

To help reduce the swelling you can use the cold pack that you received or a washcloth filled with ice. Hold it where you've been treated for 15 minutes, then take it off for 15 minutes. Keep switching every 15 minutes and continue for about 2 hours.

Bruising is also normal and if this happens your cheek will be swollen and discolored a little longer than normal.

Restricted opening of the mouth

You may have difficulty opening your mouth after surgery. This usually happens when surgery takes place in the

back of the mouth.

It should return to normal after a couple of days. You can also help by trying to open your mouth wider every now and then.

Diet

It is best to eat soft foods for the first 2 days. Do not skip any meals, use the same proportions, and keep your food and drinks lukewarm.

Further care

To allow the wound to heal properly, do not rinse your mouth out or brush your teeth on the day of your surgery. You may start normal oral hygiene the next day.

We advise you to start using the prescribed mouthwash the day after surgery for a period of 5-10 days or you may rinse with a saltwater solution.

Smoking and alcohol

It is best not to smoke or drink any alcohol for a week after surgery. They both affect the healing of the wound.

Wisdom tooth removed?

Keep the wound clean

After the removal of your wisdom tooth there will be a hole where the roots used to be. It's important to keep this hole clean so the wound can heal. Below are the instructions on how to keep the wound clean by using an irrigation syringe with a curved tip.

When should the wound be rinsed?

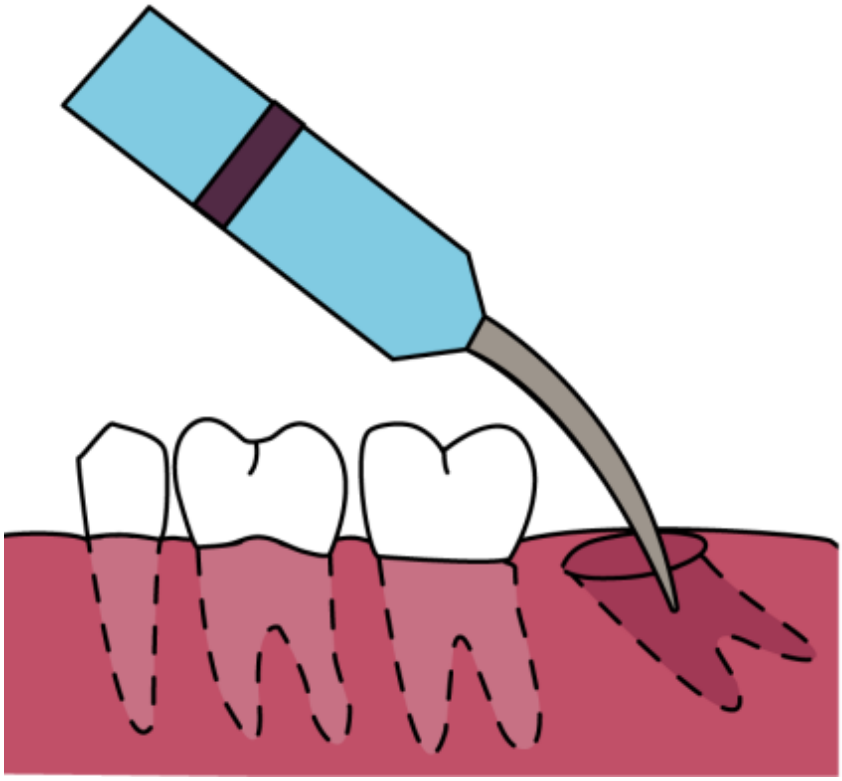
You need to rinse the wound when:

- food gets in the wound
- you get a bad taste in your mouth, this bad taste can develop a few days after your treatment

Please note: You should not start rinsing immediately after the tooth has been removed, start 3 days after the procedure

How should the wound be rinsed out?

You can use an irrigation syringe with a curved tip to rinse the wound. Use a glass of lukewarm water to fill the syringe. Put the tip of the syringe into the hole where your wisdom tooth was and carefully rinse out the wound.



How often should you rinse out the wound?

Starting 3 days after your surgery, rinse after every meal and before you go to bed. The idea is to rinse the wound twice in succession.

Additional details

The checked box applies to you:

 The wound is closed with stitches that do not dissolve or the wound contains a tampon with medicine. An appointment to remove the stitches or tampon will be made.

 Open sinus: On the day of the procedure and the day after, some bleeding from the nose or mouth may occur. This is normal and will stop on its own. These types of wounds are sensitive to pressure changes.

Therefore, the advice is:

- do not smoke
- do not blow your nose
- if you must sneeze, do it with your mouth open
- do not play any wind instruments

This advice is valid for a period of 10 days starting the day of treatment.

When to contact us

- If the bleeding does not stop.
- If your body temperature exceeds 39°C/102°F.

- If after 4 to 5 days the pain or swelling of your cheek stays the same or worsens.
- If swallowing problems occur or worsens.
- If you have any questions or concerns.

Contact us

During office hours you can call the Department of Oral and Maxillofacial Surgery & Oral Diseases, T 088 320 20 00.

After 16:30 and on weekends you can contact the Emergency Department, T 088 320 33 00

Safe care in the hospital

At St. Antonius Hospital, safety is paramount. Our staff does everything they can to make your visit to the hospital as pleasant as possible. Please help us take good care of you by letting us know:

- What medications you are taking
- Whether you have any allergies
- Whether you are (possibly) pregnant
- If you don't understand something
- What you find important
- If you see something that is not clean

Prepare well for your conversation with your healthcare provider. For tips: Start a good conversation (https://begineengoedgesprek.nl/).

Read more on the website of the Dutch Patient Federation (https://www.patientenfederatie.nl) about how you can contribute to safe care.

Expertise and experience

Our oral surgeons and dentists can provide you with all examinations and treatments for complaints, conditions, and abnormalities in and around the mouth, face, and neck. The Department of Oral and Maxillofacial Surgery & Oral Diseases offers a wide range of high-quality care.

We work closely with the dentist, general practitioner, and/or specialist who referred you to St. Antonius Hospital. We also work closely with the dentists at the Center for Special Dentristry (CBT) (https://www.antoniusziekenhuis.nl/node/5924). A dental hygienist also works in the department..

More information

The Department of Oral and Maxillofacial Surgery and Oral Diseases has created an informative video in dutch, "Instructions after tooth removal". This video supplements the brochure you are currently reading. It provides information about the anesthesia, eating, drinking, and oral hygiene after the extraction, as well as possible side effects and post operative instructions. You can watch the video on Youtube using this link (https://www.youtube.com/watch?v=HE3b7yAgy3k).

Gerelateerde informatie

Specialismen

- Kaakchirurgie & Mondziekten (https://www.antoniusziekenhuis.nl/kaakchirurgie-mondziekten)

Contact Kaakchirurgie & Mondziekten **T 088 320 20 00**