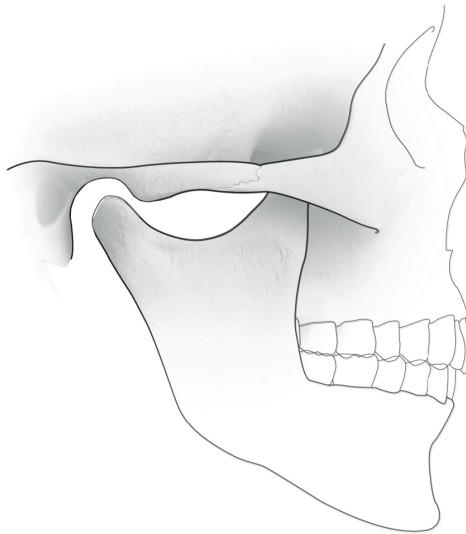




Advice after oral and maxillofacial treatment



Advice after oral and maxillofacial treatment (OMS-surgeon)



Today you underwent surgery in and/or around your mouth that may or may not lead to complaints or discomfort. These complaints usually reach their peak after three days and most often disappear after about a week. In this brochure you can read about these complaints and what to do with them. Please read this information carefully.

Numbness

After treatment in the lower jaw numbness of the lower lip or tongue may persist. If you experience this complaint please contact our practice through telephone. Usually the numbness will disappear in two to eight weeks. You will find our phone number at the end of this brochure.

Pain

The anaesthetics will last two to four hours, pain may develop afterwards. Most often paracetamol will be sufficient to control the pain:

- 2 x 500mg tablets 4 times daily (500mg tablets can be bought without a prescription, a so called Over-The-Counter medication).

Next to paracetamol your doctor may have advised to take ibuprofen:

- For adults up to 1 x 400mg tablet three times daily (ibuprofen 200mg and 400mg tablets can be bought without a prescription, Over-The-Counter medication).

A cold pack may decrease the pain and may therefore be considered (please alternate the cold pack application every 15 minutes). Sometimes a prescription for mouth rinse is given to you. This mouth rinse can be used 1 day after the procedure.

Sutures

If the wound is sutured, this suture will dissolve within 2 weeks. If non-dissolvable

sutures have been placed, you will get an appointment for removal.

Bleeding

During the first hour after surgery the wound may continue to bleed. In most cases this will stop spontaneously, therefore no reason to worry. Do not spit as the wound will keep bleeding. Try not to swallow the blood as nausea and vomiting may occur. Please remove any excess of blood in your mouth by using a clean gauze. If the wound starts bleeding again please take a second gauze, fold it, put it on top of the wound and bite it for an hour to apply continuous pressure. Please do not rinse in the first 24 hours after surgery as it may lead to early loss of the clot and continuous bleeding. If the wound keeps bleeding after this, please contact our practice. You will find our phone number at the end of this brochure.

Swelling

The underwent surgery may lead to some swelling. The swelling reaches its maximum after two to four days and will slowly disappear. You may slow down the development of swelling by using a cold pack on your cheek, lip or chin. Please alternate the cold pack application every 15 minutes. Some hematoma may also occur. This can lead to a prolonged swelling and discoloration of the skin but will eventually disappear. In summer, please avoid full exposure to the sun as this may increase the risk of developing an infection.

Fever

A feeling of illness and fever up to 39°C may occur in the first five days after surgery. If the temperature rises above 39°C or stays above 38.5°C for five consecutive days, please contact our practice.

Limited mouth opening

A limited mouth opening is common after surgery to the mouth, especially if the surgery takes place in the back of the mouth. The mouth opening will normalize after several days. It is possible to practice the mouth opening with thumb and index finger and with moderate force. Try to eat on the affected side as soon as reasonably possible.

Diet

During the first couple of days after surgery it is best to use a rather soft diet. It's not necessary to skip any meal or eat less than usual. Please avoid any hot food, lukewarm food will be accepted best. Try to eat on the affected side as soon as reasonably possible.

Further care

Please do not rinse your mouth during the first 24 hours after surgery. It is possible to gently brush your teeth on the day of the surgery. From the day after the surgery please start brushing the wound to keep it clean. Please do not smoke or use any alcohol on the first 4 days after the surgery as it may compromise the healing. In case of complications, please contact our practice. In case of emergency outside office hours an OMS-surgeon will be on call to help. Please find our contact details on the back of this folder.

Special advice

Below you will find some advice that might important in special cases.

☐ **Open communication to the paranasal sinus**

Sometimes the roots of teeth reach into the paranasal sinus. After removal of these roots an open communication between the mouth and paranasal sinus may develop. To prevent (chronic) infection, the communication will be closed with sutures. The first 2 days a bleeding from the nose may develop at the affected side. This will stop spontaneously. To prevent the communication from reopening, it's important to avoid extreme differences in pressure between the mouth and the nose. This can be done by not blowing (your nose) or sucking. Any sneezing should be done with an open mouth and nose.

☐ **Extraction of all teeth**

Keep the dentures in place for the first 24 hours after surgery. After 24 hours, take out the dentures to quickly clean both the dentures and the wounds and then replace the dentures. If you take out the dentures earlier than the advised 24 hours, the occurred swelling may refrain the possibility of replacing the dentures. Please make an appointment with your dentist or technician within 2-3 days to adjust the dentures as any small wounds may develop from wearing the dentures.

Questions

It's important you receive good and clear information. If you have any questions after your appointment at our practice and after reading this brochure, please contact us. Please write down your questions before contacting us, as this will decrease the chance of forgetting any questions during telephone contact.

Contact information



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