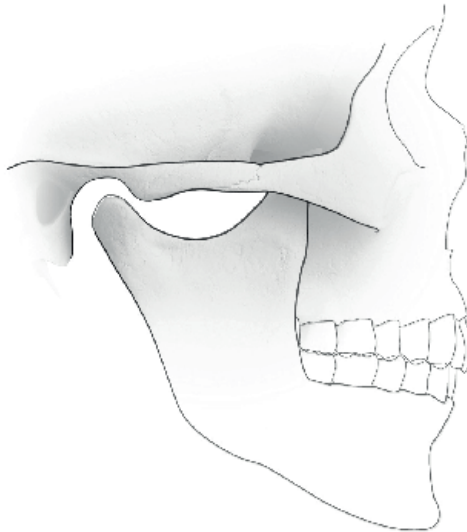




Advice after treatment to your mouth, jaw or face



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Introduction

Today you had a treatment to your jaw, mouth or face. It is normal to have some discomfort after the treatment. Most complaints become less after 3 to 4 days and usually disappear within one week.

In this leaflet you can read:

- what you may notice after the treatment
- what you can do yourself
- when you should contact us

Please read this information carefully.

Anaesthetic

The anaesthetic usually lasts 3 to 4 hours. Be careful not to bite your cheek or lip during this period. Also be careful with hot drinks and hot food. Once the anaesthetic has worn off, you can eat normally again.

Gauze

At the end of the treatment, a gauze has been placed on the wound. Leave the gauze in place for 30 minutes. After this, you may remove and discard it.

Sometimes the wound may bleed slightly. A little oozing and slightly red saliva are normal. If the bleeding becomes heavier or starts again, follow these instructions:

- Do not rinse your mouth
- Carefully clean and dry your mouth (remove the blood clot)
- Fold a dry gauze or clean handkerchief (no cotton wool)
- Place it firmly on the wound
- Bite down and keep steady pressure for one full hour

Important:

- Do not spit → this may increase bleeding
- Try not to swallow blood, as it may cause nausea

If the bleeding does not stop, please contact the clinic via 085-080 4000.

Outside office hours, an oral and maxillofacial surgeon is available for urgent problems.

Stitches

Sometimes the wound is closed with dissolvable stitches. These usually dissolve by themselves within 7 to 10 days. If non-dissolvable stitches are used, an appointment has been made to remove them.

Swelling

Your cheek, lip or chin may become swollen after the treatment. This is normal. The swelling is usually at its worst after about 3 days and then gradually decreases. You can reduce swelling by:

- putting ice cubes in a plastic bag
- wrapping it in a cloth
- placing it on the treated area

It is useful to do this during the first 24 hours:

- 15 minutes with ice
- 15 minutes without ice

Even with cooling, swelling may still occur. Avoid heat (including sun exposure to the head), as this can increase swelling.

Sometimes bruising may occur. This can look alarming but is not dangerous.

Mouth opening

It may be difficult to open your mouth properly. This happens especially if the treatment was performed at the back of the mouth. This usually improves after a few days.

Wound care

Do not brush over the wound or rinse your mouth during the first 24 hours. You may brush the rest of your teeth as usual. After 24 hours, you may rinse your mouth again and it is advisable to gently brush over the wound with a soft toothbrush. Do this twice a day with a small amount of toothpaste. This helps keep the wound clean and supports healing. A normal healing process can take up to 2 weeks. If you received a mouth rinse, start using it one day after the treatment, not earlier.

Avoid smoking and alcohol for at least 4 days. Both slow down healing and increase the risk of infection and bleeding.

Special instructions after removal of all teeth (full extraction)

- Keep your denture in place for the first 24 hours
- Remove it the next day to clean it
- Gently clean the wounds
- Put the denture back immediately
- After this, wear the denture during the day and remove it at night

Make an appointment with your dentist or dental technician within 2 to 3 days to check the fit of the denture.

Pain relief

The anaesthetic usually lasts 3 to 4 hours. After that, pain may occur. It is therefore advised to take painkillers before the anaesthetic has completely worn off. Most patients do well with paracetamol:

- 2 tablets of 500 mg
- up to 4 times a day

If your doctor advises this, you may also use ibuprofen:

- 400 mg
- up to 3 times a day

When should you contact us?

Sometimes recovery does not go as expected. Please contact the clinic (via 085-080 4000) if any of the following occur:

- Persistent bleeding despite biting on gauze for 1 hour
- Fever higher than 38.5°C
- Severe pain despite using the painkillers above
- Swelling that increases after 3 to 4 days and becomes more painful
- Difficulty swallowing or breathing

Outside office hours, an oral and maxillo-facial surgeon is available for urgent problems.

Questions

It is important that you understand your treatment.

Do you still have questions after reading this leaflet? Please feel free to ask them. It may help to write your questions down in advance.

Contact details



Address: Amsterdamsevaart 268 - 4th floor
2032 EK Haarlem

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Website: www.mkakennemerenmeer.nl

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