

Stitches have to be removed after 14 days

Stitches will dissolve on their own within 3 weeks

Should urgent problems arise where you need help fast or emergency treatment outside of our opening hours, contact a doctor or your nearest emergency room.

## POSTOPERATIVE

- a guide for patients, who have had surgery

**Surgery**

Lip or tongue frenulum / fibroma

**Surgeon**

**Dental assistant**

**To be picked up at the pharmacy:**

Antibiotics

Nasal spray

Pain relievers

Chlorhexidine 0,12%

1 x 500mg Panodil

2 x 400mg Ibumetin

2 x 500mg Panodil

2 x 200mg Ipren

**You may take painkillers every 6 hours and for as long as needed.**

### København

Frederiksberggade 26, 1.  
1459 København K

70 22 52 30  
klinik@spsj.dk

### Roskilde

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### Solrød

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2680 Solrød

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sjælland

## **The wound**

Leave the wound completely undisturbed – it needs time and rest to heal.

Avoid touching it with your fingers, toothbrush, tongue, or anything else. Do not suck on the wound.

After a couple of days, the wound may appear slightly white or yellowish – it might look unusual, but this is completely normal.

## **Pain**

It is completely normal to experience pain after the procedure. You may feel soreness and discomfort for up to 2 weeks.

Take only the painkillers we have recommended and always follow the instructions on the packaging.

If the pain becomes worse than expected, please contact the clinic and we will help you.

Outside of opening hours, you can contact the out-of-hours medical service, who can assist you further if urgent treatment is needed.

## **Swelling**

Swelling after oral surgery is very common. It may worsen slightly during the first few days, but it will usually begin to subside within about a week.

You can reduce swelling by applying something cold to your cheek, such as a bag of frozen peas wrapped in a towel. Apply it for a maximum of 15 minutes at a time and take breaks in between.

If you develop a fever, experience pain when swallowing, or if your cheek becomes red and warm, please contact the clinic.

Outside of opening hours, you can contact the out-of-hours medical service, who can assist you further if urgent treatment is needed.

## **Bleeding**

It is important to take it easy during the first few days – no sports, cycling, heavy lifting, or running.

Some slight bleeding may occur during the first 24 hours – there is no need to worry, as this is completely normal. If it bleeds, place a clean cloth or paper towel over the wound and bite down firmly for 20 minutes.

If the bleeding does not stop, please contact the clinic. Outside of opening hours, you can contact the out-of-hours medical service, who can assist you further if urgent treatment is needed.

Try to sleep with your head slightly elevated – this helps reduce bleeding.

## **Oral hygiene**

It is important to keep your mouth clean.

First 24 hours: Do not brush the area.

After the first day: Rinse/apply Chlorhexidine 0.12% twice daily for one week.

## **Food and drink**

Food helps your body heal – feel free to eat your favorite meals (as long as they are not too spicy, as this may cause irritation).

During the first 24 hours, you may not have much of an appetite. However, to recover more quickly, it is important that you both eat and drink.

Remember that both food and drinks should be slightly cooled. Also, make sure to chew on the opposite side of where the surgery was performed.

After the first day, you can usually return to eating normal foods.