

Sinus instruction

Applies for 14 days after surgery

- Avoid blowing your nose - wipe carefully instead
- Avoid creating pressure inside the nose - sneeze with an open mouth
- Use nasal spray if your nose is congested

Bone grafting, implant placement and LAP

- Avoid using dentures until the swelling is gone and the denture has been readjusted

Stitches have to be removed after 14 days

Stitches will dissolve on their own within 1-3 weeks

Stitches will dissolve on their own within 4-6 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 _____

Surgeon _____

Dental assistant _____

To be picked up at the pharmacy:

Antibiotics

Nasal spray

Pain relievers

Chlorhexidine 0,12%

1 x 500mg Panodil

1 x 400mg Ibumetin

2 x 500mg Panodil

2 x 200mg Ipren

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

Painkillers and antibiotics given at:

København

Frederiksberggade 26, 1.
1459 København K

70 22 52 30
klinik@spsj.dk

Roskilde

Ringstedvej 18, 2.
4000 Roskilde

70 22 52 30
klinik@spsj.dk

Solrød

Solrød Center 45,
2680 Solrød

56 16 75 00
solroed@spsj.dk



SPSJ

specialtandlægerne
sjælland

The wound

The wound must be left alone. Avoid touching it with your fingers, toothpicks, toothbrush or your tongue. The wound may look white or yellow after a few days, which is completely normal. **Avoid using a straw, pulling on your lip or spitting.**

The wound heals slowly from the bottom up when a tooth is removed, which is why you can usually see a hole where the tooth used to be.

Avoid smoking the first week after surgery, as it might cause further complications.

Pain

Most people experience pain after surgery and there may be discomfort and soreness for up to 14 days. We recommend that you take the agreed upon pain relievers.

Avoid taking any pain relievers other than those agreed upon with the clinic. If the pain is severe and increasing, you should contact the clinic.

Always follow the instructions on the package leaflet that comes with the tablets.

Swelling

There will be swelling after oral surgery, which may increase 1-4 days after and will disappear within a week of the surgical procedure.

The swelling is usually a collection of fluid. It can be reduced by placing an ice pack on the cheek for a maximum of 15 minutes at a time for the first 24 hours after surgery. A bag of frozen peas in a towel can also be used.

Pain when swallowing is normal, but if you experience difficulty swallowing and/or fever, please contact the clinic.

Bleeding

It is important that you remain completely still for the first few days after the surgery and avoid increasing your heart rate. We recommend that you wait 2-5 days before engaging in physical activity such as cycling, cleaning, running or heavy lifting - and that you avoid bending over or getting your head below heart level.

Light bleeding is normal for the first 48 hours and you will be given gauze which can be used to reduce it.

Place the gauze over the wound where the tooth was and bite down for 15 minutes. If bleeding continues, repeat the process.

If unexpected heavy bleeding occurs, place a clean gauze pad on the wound and hold it there for about 1 hour.

If the bleeding doesn't stop after 1 hour, you should contact the clinic. Outside our opening hours, you can contact the doctor on call, the emergency room or call 1813 to be referred to the Emergency Dentist.

We also recommend that you sleep with your head elevated at night.

Oral hygiene

Oral hygiene is important - also after surgery.

You can't brush your teeth in the operated area for the first week, though it's important that the other teeth are brushed as usual.

Only after 24 hours after the surgery you should start rinsing your mouth with Chlorhexidine 0.12% twice daily for a week - but not in connection with brushing your teeth. Rinse by puffing up your cheeks, tilting your head and gently wiggle back and forth, so that it rinses over the wound.

Wait at least 1 hour before or after rinsing to brush your teeth.

After a week, you can stop using Chlorhexidine and brush your teeth normally in the operated area.

After bone grafting or implant treatment, you should rinse with Chlorhexidine 0.12% twice daily for 14 days.

After that, you can brush your teeth normally.

Food and drink

For the first 24 hours after the surgery, only consume cold liquids and soft, cold foods such as yogurt - and avoid using a straw when drinking.

After 24 hours, you can eat soft, regular food, but wait 5-10 days before chewing on the operated side.

We recommend that during this period you also avoid chewing food that is chewy, has hard crusts or contains seeds, popcorn, oats, chia or nuts.

After bone grafting or implant surgery, you should consume only liquids and soft foods for the first three days following the procedure. After this period, you may gradually return to your normal diet. However, it is important to avoid chewing in the treated area for 3-4 weeks.