

Aftercare Following Oral Surgery

Phone: 020-3086055 (during opening hours)

Available on: Weekdays from 08h00 till 16h30
Saturday from 10h00 till 14h00

Emergency number: 020-3086755 (outside opening hours & weekends)



**Kaakchirurgie
Zuidas**

After undergoing a procedure with the oral surgeon, it is important to follow the correct aftercare instructions to minimize pain, bleeding and other discomforts. Below is more information about the recovery process.

Pain Management

The anesthesia typically wears off 2 to 4 hours after the procedure. Pain may then occur but can be effectively managed with prescribed painkillers. It is recommended to take them before the anesthesia has fully worn off.

Bleeding

It is normal for the wound to bleed lightly during the first hour. Avoid spitting out blood, as this may worsen the bleeding. Also, try not to swallow blood to prevent nausea. Gently dab excess blood with a clean gauze.

If bleeding persists:

1. Dry the mouth with gauze or a clean handkerchief (no cotton wool), without rinsing.
2. Place a moist gauze pad over the wound.
3. Bite down firmly and keep this pressure for one hour.
4. If the bleeding continues, contact the clinic.

Swelling

Swelling is a normal reaction of the procedure and usually peaks after 3 days. It will gradually go down after 3 days.

Cooling can help reduce swelling:

- Use a cold pack or a handcloth filled with ice cubes on the treated cheek.
- Cool the cheek for 15 minutes, then rest for 15 minutes.
- Repeat this cycle for about 2 hours.

A bruise may occur, causing prolonged swelling and discoloration of the cheek. This is harmless.

Limited Mouth Opening

After a procedure at the back of the mouth, it may be temporarily difficult to fully open your mouth. This usually resolves on its own within a few days. You can assist by carefully opening and closing your mouth regularly.

Smoking and Alcohol

It is strongly advised not to smoke or drink alcohol for one week after the procedure, as this can interfere with the healing process.

Nutrition

During the first 2 days, it is best to eat soft, lukewarm food. Avoid food that is very hot or cold. You may maintain your regular eating pattern but avoid skipping meals.

Oral Hygiene

To optimize proper wound healing:

- Do not rinse or brush around the wound area on the first day.
- Resume regular oral hygiene from the second day.
- Rinse with the prescribed mouthwash or a saltwater solution for 5 to 10 days starting the day after surgery.

Specific Aftercare for Wisdom Tooth Removal

If a wisdom tooth was removed, follow the general guidelines above for optimal recovery.

Important Notes

The following may apply:

- The wound has been stitched with dissolvable stitches and will dissolve in 2 to 4 weeks.
 - If you received a temporary filling during a root-end procedure, you must schedule an appointment with your dentist for a permanent filling.
 - If an opening to the sinus has occurred, minor bleeding from the nose or mouth may happen. This is normal and will stop by itself.
- Avoid the following activities for 10 days:
- Smoking
 - Blowing your nose forcefully
 - Sneezing with a closed mouth (sneeze with your mouth open)
 - Playing wind instruments

When to Contact Us

Please contact us if:

- Bleeding persists and does not stop.
- Your body temperature exceeds 39°C.
- Pain or swelling increases after 4 to 5 days.
- You experience difficulty swallowing.
- You have doubts or concerns.

Your care and safety are our top priorities at Kaakchirurgie Zuidas.

We strive to provide high-quality treatments and work closely with dentists, general practitioners and specialists.

For more information or questions, feel free to contact us.