

# Aftercare following oral surgery

Telefoon: 020-3086055 (tijdens openingsuren)  
Reachable at: weekdays from 08:00 to 17:00  
Saturday from 10:00 to 14:00  
Emergency: 020-3086755 outside opening hours and weekends



After treatment at the oral surgeon, it is important to follow proper aftercare instructions to minimise pain, bleeding and other discomforts. Below you will find more information about the recovery process.

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## Pain relief

The anaesthetic usually wears off 2 to 4 hours after the procedure. Thereafter, pain may occur, which can be well relieved with painkillers. You will be given a prescription for these. It is advisable to take the painkillers before the anaesthesia wears off completely.

## Post-bleeding

It is normal for the wound to bleed slightly in the first hour. Avoid spitting out blood as this may worsen the bleeding. Do not swallow blood to avoid nausea. Dab excess blood gently with a clean gauze pad. In case of persistent bleeding:

1. Dry the mouth with a gauze pad or clean handkerchief (no cotton wool) without rinsing.
2. Place a moist gauze pad on the wound.
3. Bite firmly closed and maintain pressure for an hour.
4. Does the bleeding persist? If so, contact the clinic.

## Swelling

Swelling is a normal reaction to the procedure and usually peaks after three days. After that, swelling gradually decreases. Cooling helps reduce swelling:

- Use a cold pack or a flannel filled with ice cubes against the treated cheek.
- Alternately cool the cheek for 15 minutes and then rest for 15 minutes.
- Repeat this cycle for about 2 hours.

A bruise may occur, leaving the cheek thick and discoloured for longer. This is harmless.

## Limited mouth opening

After surgery in the back of the mouth, it may be temporarily more difficult to fully open the mouth. This usually recovers on its own within a few days. You can help by gently opening and closing your mouth regularly.

## Smoking and alcohol

It is strongly advised against smoking or drinking alcohol within a week of the procedure. This can interfere with the healing process.

## **Nutrition**

During the first two days, it is advisable to consume soft, lukewarm food. Avoid extremely hot or cold foods. You can maintain your usual eating pattern without skipping meals.

## **Oral care**

To promote proper wound healing:

- For the first day, do not rinse and avoid brushing teeth around the wound area.
- From the second day, resume normal oral hygiene.
- For 5 to 10 days, starting from the day after surgery, rinse with the prescribed mouthwash or saline solution.

## **Specific aftercare after wisdom tooth removal**

If a wisdom tooth has been removed, follow the general guidelines mentioned above for optimal recovery.

## **Key areas of focus**

The following may apply to you:

- The wound is sutured with non-dissolvable sutures or contains a medicated tampon. You will have a check-up appointment for removal.
- For root tip treatment with emergency filling, you should make your own appointment with your dentist for a permanent filling.
- With an open connection to the maxillary sinus, some bleeding from the nose or mouth may occur. This is normal and will stop on its own.
  - Avoid the following activities for 10 days:
    - Smoking
    - Blow your nose vigorously
    - Sneezing with your mouth closed (do this with your mouth open)
    - Playing wind instruments

## **When to contact?**

Contact us in the following cases:

- Persistent bleeding that does not stop.
- Body temperature above 39°C.
- Increasing pain or swelling after 4 to 5 days.
- Difficulty swallowing.
- Doubts or anxiety.

At Kaakchirurgie Zuidas, your care and safety are paramount. We aim to provide high-quality treatments and work together with dentists, general practitioners and specialists. For further information or questions, please feel free to contact us.