

## Aftercare Following Oral and Maxillofacial Surgery



Kaakchirurgie  
Zuidas

Telephone: 020-3086055 (during opening hours)  
Available at: working days 08:00 - 17:00  
Saturday 10:00 - 14:00  
Emergency: 020-3086755 outside working hours and the weekend

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

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### Pain Management

The local anesthesia typically wears off 2 to 4 hours after the procedure. Pain may then occur, which can be effectively managed with painkillers. You will receive a prescription for this. It is advisable to take the painkillers before the anesthesia has completely worn off.

### Bleeding

It is normal for the wound to bleed slightly during the first hour. Avoid spitting out blood, as this can worsen the bleeding. Do not swallow blood, as it may cause nausea. Gently dab any excess blood with a clean gauze.

### In case of persistent bleeding:

1. Dry the mouth with gauze or a clean tissue (not cotton wool) without rinsing.
2. Place a moist gauze pad directly on the wound.
3. Bite down firmly for one hour to apply pressure.
4. If the bleeding continues, contact the clinic.

**Swelling**

Swelling is a normal reaction and usually peaks around the third day after the procedure, then gradually decreases.

**To reduce swelling:**

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

A bruise may also appear, making the cheek swollen and discolored for a longer time. This is harmless.

**Limited Mouth Opening**

After procedures in the back of the mouth, it may temporarily be difficult to open the mouth fully. This usually resolves within a few days. You can help recovery by gently opening and closing your mouth regularly.

**Smoking and Alcohol**

Avoid smoking or drinking alcohol for at least one week following the procedure, as these can disrupt the healing process.

**Diet**

For the first two days, eat soft and lukewarm foods. Avoid extremely hot or cold foods. You can continue your regular eating pattern, but do not skip meals.

**Oral Hygiene**

To support proper wound healing:

- Do not rinse or brush near the wound area on the first day.
- Resume normal oral hygiene on the second day.
- From the day after the procedure, rinse with the prescribed mouthwash or a saltwater solution (5 to 10 days).

**Specific Aftercare Following Wisdom Tooth Removal**

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

## **Important Notes**

The following may apply to your situation:

- The wound may be stitched with non-dissolvable sutures or packed with a medicinal gauze. You will receive a follow-up appointment for removal.
- If a root canal treatment was performed with a temporary filling, please schedule an appointment with your dentist for a permanent filling.
- If there is an open connection to the sinus, you may experience some bleeding from the nose or mouth. This is normal and will stop on its own.

## **Avoid the following for 10 days:**

- Smoking
- Forcefully blowing your nose
- Sneezing with a closed mouth (always sneeze with your mouth open)
- Playing wind instruments

## **When to Contact Us**

Please contact us if you experience:

- Persistent bleeding that doesn't stop
- A body temperature above 39°C (102.2°F)
- Increasing pain or swelling after 4 to 5 days
- Difficulty swallowing
- Any concerns or doubts

At Kaakchirurgie Zuidas, your care and safety are our priority. We are committed to providing high-quality treatments and work closely with dentists, general practitioners, and specialists. If you have any questions or need more information, please don't hesitate to contact us.