



# Post-procedure recommendations

—  
from the oral surgeon

Today you underwent a procedure on your jaw. Because of your procedure, you may experience symptoms for some time. The symptoms will likely ease after three or four days, usually lasting for no longer than a week. This brochure describes symptoms you might experience and what to do about them. Read the information through carefully.

## **Anaesthesia**

If you underwent a procedure on your lower molars and the anaesthesia has subsequently left your system, you might feel numbness in your lower lip or along the edge of your tongue. If you do have this numbing sensation, please contact the Dental, Oral and Maxillo-facial Surgery outpatient clinic (MKA). Normal feeling will usually return again after two to eight weeks. The telephone number can be found at the end of the brochure.

## **Pain**

The anaesthesia will leave your system after two to four hours. At this point, you may experience some pain. Frequently, you'll be prescribed a painkiller. Were you not given a prescription? You can take 500 mg paracetamol. Paracetamol is available for sale without a prescription.

Sometimes you're given a prescription for a mouthwash. Use this mouthwash starting from **the day after** the procedure.

## **Sutures**

The wound is usually sutured with material that dissolves after one to two weeks. If your sutures are non-soluble, you will receive an appointment to have them removed.

## **Bleeding**

The wound may bleed slightly for up to an hour after your procedure. This bleeding will stop by itself. Do not spit out the bleed, otherwise the wound will continue bleeding. In order to prevent nausea, it's better not to swallow the blood. Use clean gauze to remove any excess blood from your mouth. Your saliva may be somewhat red during the first day after the procedure. If the wound starts bleeding again or the bleeding increases, do the following: use some dry gauze or a clean handkerchief (not cotton wool) to clean and dry your mouth. Definitely do not rinse out your mouth! Next, take another dry gauze, fold it and place it on your wound. Then close your mouth firmly and hold the gauze in place for an hour. The goal is to maintain constant pressure on the wound. If the wound continues bleeding, contact the Dental, Oral and Maxillo-facial Surgery outpatient clinic (MKA).

## **Swelling within and outside of the oral cavity.**

The procedure may cause your cheek to thicken a lot (swelling). This is normal after the procedure. The swelling will be the worst between two to four days after the procedure. After that, it will gradually subside. You can reduce the swelling by placing a plastic bag with ice cubes in a wash cloth or a tea towel on the procedure area. So, on the cheek, chin or lip. The first hours after the procedure, switch every 15 minutes between icing with the ice cubes and 15 minutes without. It's possible for you to develop a contusion. In this case, the cheek will stay swollen and thicker for a longer period, but this is not serious. Avoid direct heat or sunlight (on your head), as this may worsen the swelling.

## **Fever**

A general feeling of sickness as well as a fever, even up to 39°C, is normal during the first days. If you develop a high fever above 39°C or if the fever is above 38.5°C for more than five days, contact the Dental, Oral and Maxillo-facial Surgery outpatient clinic (MKA).

## **Restricted ability to open the mouth**

A common symptom is not being able to open the mouth properly. This happens in particular when a procedure takes place in the mouth. After a few days, your mouth will open like normal again. You can also exercise your mouth by opening it occasionally with your thumb and index finger.

## **Eating**

For the first two days after your procedure, it's best to eat soft food. You do not have to skip any meals, and you can eat normal amounts. Food and beverages should not be hot or cold, they should preferably be lukewarm. It's important for you to eat again as soon as possible on the side of your mouth where the procedure was performed.

## **Follow-up care**

The wound will heal best if the blood can properly coagulate. Therefore, do not rinse your mouth in the **first 24 hours** after the procedure and do not consume hot drinks. You can brush your teeth, including the molars, in the evenings. You can also clean the wounds and sutures the day after the procedure. We recommend abstaining from smoking and from drinking alcohol.

the first four days after the procedure. Both habits impede the healing of the wound. In case of serious complications, contact the Dental, Oral and Maxillo-facial Surgery outpatient clinic (MKA). In urgent cases, a dental and oral surgeon is also available outside of normal working hours. Telephone numbers can be found at the end of this brochure.

## Special recommendations

See below to read about special recommendations that do not apply to every procedure. The assistant from the outpatient clinic will tick the boxes for the right recommendations for you to follow.

### Opening to the sinus

Sometimes molar roots protrude into the sinus. If these molars have been extracted, this may create an opening between the mouth and the sinus. Saliva can enter the paranasal sinuses through this opening. In which case, there is a risk of inflammation. That is why the opening will be closed with non-soluble sutures.

To prevent this from opening up again, it's very important that you avoid large pressure variations between the nose and the mouth for the first two weeks after the procedure. So do not blow, suck or sniff too hard. If you do have to sneeze, do this with both your mouth and nose open. During the first two days after the procedure, some blood may come out of your nose; this is normal.

### Total extraction

Keep the prosthesis for the first 24 hours after the procedure. You can remove and clean the prosthesis the following day. You can also clean the wounds in your mouth. But you should reinsert the prosthesis immediately. If you fail to do so, your gums may swell and your prosthesis will no longer fit properly.

You will make an appointment with your dentist or dental technician in two to three days to adjust the prosthesis. If you are suffering from pressure at certain spots, contact your dentist or dental technician.

### Apicoectomy (root end surgery)

You can brush your teeth and molars on the day of the procedure. The day after the procedure, you can also clean the wound and sutures. Do this by using a vertical movement from the gum to the molar or tooth. Were you given a prescription for mouthwash? Use it beginning from **one day after** the procedure.

## Questions and telephone numbers

It's important that you receive clear and accurate information. If you have any questions after consulting your specialist or after reading this information, please do not hesitate to ask them. Write down your questions in advance, so that you do not leave anything out. If you have any questions while at home, call the Dental, Oral and Maxillo-facial Surgery outpatient clinic (MKA) of the hospital where you are under treatment.

- Dental, Oral and Maxillo-facial Surgery outpatient clinic (023) 224 0080 (all locations)
- You can also send an e-mail:
  - E-mail address: Haarlem Zuid outpatient clinic: [kaakchirzuid@spaarnegasthuis.nl](mailto:kaakchirzuid@spaarnegasthuis.nl)
  - E-mail address for Hoofddorp outpatient clinic: [polikaak@spaarnegasthuis.nl](mailto:polikaak@spaarnegasthuis.nl)

At the locations of the Spaarne Gasthuis Heemstede and Haarlem Noord, there are no outpatient clinics in the Dental, Oral and Maxillo-facial Surgery department.

- In the evenings, nights or weekends, call the A&E department:
  - Spaarne Gasthuis Haarlem Zuid (023) 224 4880
  - Spaarne Gasthuis Hoofddorp (023) 224 6880

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