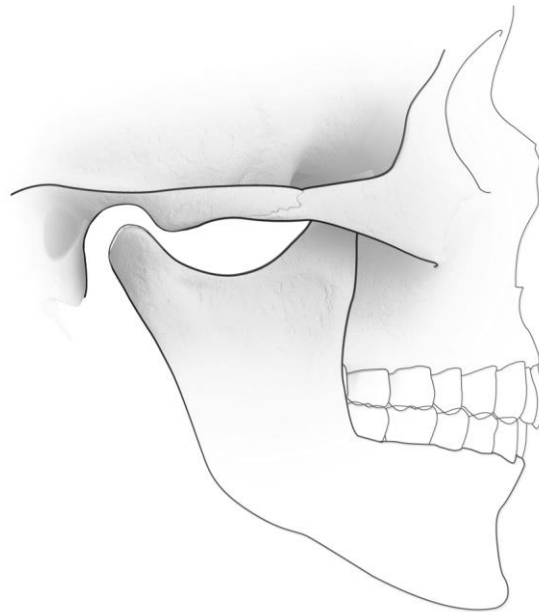




Advice after treatment by the Oral and Maxillofacial Surgeon





Advice after treatment by the Oral and Maxillofacial Surgeon (OMS-surgeon)

Today you underwent surgery to your jaw which might lead to some complaints. These complaints usually reach their peak after three days and disappear after about a week. In this folder you can read about these complaints and what to do about them. Please read this information carefully.

Numbness

After treatment in the lower jaw, numbness of the lower lip or tongue may persist. If you do have this complaint, please contact our practice. Usually the numbness will disappear in two to eight weeks. You will find our phonenumber on the back of this folder.

Pain

The anesthetics will last two to four hours. After this you might experience pain. Usually you will receive a prescription for painkillers. If you haven't received a prescription, please use Paracetamol which is for sale without prescription.

Sometimes you will receive a prescription for a mouth rinse. Please start using this mouth rinse the day after the surgery.

Sutures

The wound will most of the times be sutured with a dissolving material. If non-dissolving sutures have been placed, you will get an appointment to remove them.

Bleeding

During the first hour after surgery some bleeding may persist. This will stop and is no reason to worry. If you spit out the blood, the wound will keep bleeding. If you swallow the blood, nausea might occur. Please remove any excess of blood in your mouth by using a clean gauze. If the wound starts bleeding again please take a second gauze, fold it, put it on top of

the wound and bite it for an hour to apply continuous pressure. If the wound keeps bleeding after this, please contact our practice.

Swelling

The surgery often leads to some swelling. The swelling reaches its maximum after two to four days and will go down after that. You might prevent some swelling by putting ice on the cheek, lip or chin. Put the ice in a small plastic bag and wrap it in a cloth; never apply the ice directly on to the skin! Please alternate the ice application every 15 minutes.

Some haematoma might also occur. This can lead to a prolonged swelling and discoloration but will eventually disappear.

In summer, please avoid exposure to the sun because this might lead to more swelling.

Fever

A feeling of illness and fever up to 39°C might occur in the first five days after surgery. If the temperature rises above 39°C or stays above 38.5°C after five days, please contact our practice.

Limited mouth opening

A limited mouth opening is common after surgery to the mouth, especially if the surgery takes place in the back of the mouth. The mouth opening will normalise after several days. It is possible to practice by opening the mouth with thumb and index finger with moderate force.

Diet

During the first couple of days after surgery it is best to use a rather soft diet. It's not necessary to skip any meal or eat less than usual. Please avoid any hot food by letting it cool down a bit.

Further care

Please don't rinse your mouth during the first 24 hours after surgery. It is possible to gently brush your teeth on the day of the surgery. From the day after the surgery please start brushing the wound to keep it clean.

Please don't smoke or use any alcohol on the first four days after the surgery because it may delay healing.

In case of any complications, please contact our practice. In case of emergency outside office hours an OMS-surgeon will be on call to help. Please find our contact details on the back of this folder.

Special advice

Below you will find some advice that might be important in special cases.

Open communication to the paranasal sinus

Sometimes the roots of teeth reach into the paranasal sinus. After removal of these teeth, an open communication between the mouth and paranasal sinus might occur. To prevent (chronic) infection, the communication will be closed with sutures. Some nosebleeding might occur after this.

To prevent the communication from reopening, it's important to avoid extreme differences in pressure between the mouth and the nose. This can be done by not blowing (the nose) or sucking. Any sneezing should be done with an open mouth.

Total extraction

Keep the dentures in place for the first 24 hours after surgery. After 24 hours, take out the dentures to quickly clean both the dentures and the wounds and then replace the dentures. If you keep out the dentures too long, swelling may occur making it impossible to replace the dentures.

Please make an appointment with your dentist or technician within a few days to adjust the dentures because small wounds may occur from wearing them.

Questions

It's important you receive good and clear information. If you have any questions after your appointment at our practice and reading this folder, please contact us. Please write down your questions in advance, so you don't forget any.

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