

## **Bleeding and swelling**

You can eat two hours after the procedure.

The food should be soft and cool.

Avoid smoking and heavy physical exertion for a few days.

It is normal to experience some bleeding from the wound during the first 24 hours.

If the bleeding is heavy, apply a wad of gauze to the site and bite down on it for 30 minutes.

Repeat if necessary.

You can reduce swelling by applying an icepack to the swollen area on the day of the surgery.

The swelling usually goes away in a few days. It may be difficult to open your mouth at first, but it will get easier as the swelling goes down.

## **Pain and medication**

Pain medication, either normal over-the-counter painkillers or medication prescribed by your doctor, is recommended for a few days if you have pain.

If you were prescribed antibiotics, finish the course as instructed, even if the pain and other symptoms ease earlier.

## **Oral hygiene**

Rinsing the mouth with clean water is recommended after meals.

An antiseptic mouth rinse (Corsodyl<sup>®</sup>, Paroex<sup>®</sup>) may be used for cleansing the mouth.

Tooth brushing may be resumed the day following the procedure, taking care to avoid the surgery site.

If there are stitches at the surgery site, they will dissolve within about two weeks.

## **Problems**

Please get in touch in the event of any of the following problems:

- bleeding is heavy or persists for more than 24 hours
- pain increases after 3 days
- rapidly increasing swelling develops
- you have difficulty breathing or swallowing
- you develop a fever above 38°C

## **Contact information**

If necessary, contact the unit treating you

Phone: \_\_\_\_\_

Or phone 116 117 during emergency hours.

Dental, Oral and Maxillofacial Diseases

Monday to Friday, 8 am–10 am and 12.30 pm–2 pm

Tel. 02 627 7227