

GUIDELINES FOR PATIENTS *after* ORAL SURGERY

Surgery is associated with a certain amount of anxiety and discomfort. We hope these guidelines will answer most of your questions and help minimise your worries.

Wound care

The surgical site must be left alone completely. Avoid touching it with your fingers, handkerchiefs or the like. Avoid feeling it with your tongue or sucking it.

Tooth brushing/mouth rinsing

You should brush your teeth morning and night as the mouth must be kept clean for the wound to heal. Tooth brushing must be restricted to non-operated areas. If the wound has been stitched, it must be kept clean with chlorhexidine mouth wash. The first day you should rinse your mouth very gently. Until your stitches have been removed you must rinse your mouth twice a day for one minute.

Diet

Stick to a soft, cool food diet. Do not eat until the anaesthesia has worn off and avoid chewing in the area of the wound.

Pain

You may experience some pain during the first couple of days. This can usually be controlled by taking prescription medication. If you experience intense, increasing pain, you should contact the clinic since further treatment of the surgical site may be necessary.

Swelling

Swelling may occur after the operation and continue for two to three days. If the swelling is pronounced, increases, interferes with swallowing or if your temperature rises, you should contact the clinic or seek other medical help.

Physical exertion

Physical exertion should be kept to a minimum during the first 48 hours to avoid haemorrhaging.

Post-op bleeding

You may experience post-op bleeding in the form of slight oozing the first 24 hours. You can treat this yourself by placing a moist gauze pad over the wound site while sitting or standing and keeping the pad in place for 15 minutes while biting firmly. Repeat this procedure as necessary. If you cannot stop the bleeding in this way, you must contact the clinic or seek other medical help.

If you have urgent questions outside the clinic's opening hours, you can contact your surgeon at the following phone numbers:

Søren Aksel Christian Krarup	21 47 24 49
Niels Ulrich Hermund	26 20 82 39
Jytte Buhl	40 95 28 81
Esben Aagaard	26 28 97 33

With kind regards
Kæbekirurgisk Klinik