

INFORMATION ON CARE AFTER ORAL OR DENTAL PROCEDURE

Bite the gauze compress on the wound for 30 minutes. Do not eat, drink, rinse your mouth or smoke for two hours after the surgery. Smoking increases the risk of post-operational problems considerably.

Avoid hot foods and drinks as well as rinsing your mouth and spitting at least for the first 24 hours.

Do not touch or suck the wound.

Normally the site will swell a little. Swelling can be treated with a cold compress. Place the compress against your cheek for about 20 minutes and again every two hours through the day of the procedure. The skin on the outside of the surgical site may develop a bruise, which gradually turns yellowish and slowly fades away.

Avoid strenuous physical exertion for a couple of days, or even longer, depending on your symptoms. You can expect to have a slight temperature in the evening after your operation. In the beginning, take a course of pain relief medication as prescribed by your dentist for a couple of days and after that as necessary. It is easier to prevent the ache than make it stop. Especially after the extraction of a lower wisdom tooth you may need pain relief medication for several days. The pain and ache, which may continue for a long time, can be alleviated by a warm compress.

Paroex mouthwash should be used for about a week after the procedure, however, not yet on the actual procedure day.

The stitches used in the procedure are dissolvable. If the stitches pull or make you uncomfortable, book an appointment for stitch removal at your local dental clinic.

If problems occur:

If the wound bleeds heavily or it continues for more than 24 hours. You feel increasingly painful still after three days. Sometimes you may develop post-surgical pain on the operated site; in other words, after the healing period, pain or swelling appears, sometimes even weeks after the procedure. You have difficulties to breath or swallow or have a fever above 38 °C

Call weekdays to your own dentist or weekday evenings, weekends and on bank holidays tel. 116 117

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