



## Information for patients who have undergone oral surgery

**The wound** should be left completely undisturbed. Avoid touching the wound with fingers, tongue, or anything else. Also, avoid "sucking" on the wound.

You can start brushing your teeth the day after surgery. Continue to brush twice a day, but avoid the area with the wound and any stitches.

**Mouth rinsing** should begin the day after surgery and continue for one week or as instructed. Rinse with chlorhexidine 0.1% for one minute. Chlorhexidine can stain teeth, but this can usually be removed by regular brushing. If the stains persist, they can be removed with a professional cleaning.

**The diet** should be liquid on the first day, and not too hot or cold. Wait to eat until the anesthesia has worn off. Over the next few days, the diet can gradually return to normal. Do not chew on the operated side.

**Smoking** slows wound healing and should be avoided.

**Pain** can occur during the first few days, so preventive pain relief should be taken. Unless otherwise instructed, take 2 Panodil and 1 Ibuprofen up to 4 times daily. Avoid painkillers with acetylsalicylic acid (like Aspirin and Kodimagnyl) as they increase the risk of bleeding. If the pain is severe and increasing, contact the clinic.

**Swelling** can occur after a tooth extraction and is almost always seen after surgery. Swelling is typically worst around the 3rd-4th day and may remain significant for 4-5 days. This is not a sign of infection. The swelling can be reduced by applying cold compresses (ice packs, etc.) to the area. In the following days, moderate heat, such as a heat lamp or pad, can be applied for 10 minutes, 2-3 times daily.

If the swelling increases, if you experience difficulty swallowing, or if there is a fever, contact the clinic or the emergency room.

Skin discoloration (like a bruise) may occur. The discoloration will disappear within a few weeks.

**Physical exercise** should be minimized as much as possible during the first 2 days to reduce the risk of post-surgery bleeding.

**Post-surgery bleeding** in the form of light oozing can occur within the first 24 hours. Sleep with your head elevated the first night. For heavier bleeding, sit upright and place a gauze pad or clean cloth over the wound, biting down for 1 hour. This may be repeated if necessary. If the bleeding does not stop, contact the clinic or a doctor.

### Tråde

- Will be removed at the clinic after \_\_\_\_\_ days, where a wound check will also be performed.
- Are self-dissolving. Will therefore disappear on their own within 25-30 days.

### **Implantat surgery**

After an implant surgery, it is important to protect the area to help the implant heal. This means you might need to go without your denture for a few days, or up to 3 weeks, depending on the type of surgery. Additionally, for this type of surgery, there are stricter rules about the type of food you can eat.

Before the surgery, you were given instructions on what precautions to take and how to use the prescribed medication. Please refer to page 1 of the surgery guide, which applies to all mouth surgeries. But remember, implant surgeries have special dietary rules for the first few weeks.

### **Wisdom tooth surgery**

After having wisdom teeth removed, pain is common. It is recommended to take pain relief medication for at least 3-4 days after the surgery to prevent discomfort. Once the stitches are gone and the gum has healed, you might still feel a hollow space where the tooth was. Over the next few months, this space will close up as the bone heals, and the gum will feel smooth again. Please also refer to the surgery guide, which applies to all mouth surgeries.

### **Operation af rodspidsbetændelse**

In the months after the surgery, new bone will grow around the tip of the root where the infection used to be. Healing should be monitored with X-rays 6 months and 1 year after the surgery.

The roots of the upper molars are close to the sinus cavities. Surgery on these teeth may require additional precautions for the first 21 days after surgery. Typically, you should not blow your nose, only wipe it. Also, if you need to sneeze, do so with your mouth open to avoid pressure in the sinus cavity. A little bleeding from the nose is normal. If this applies to you, you will be given instructions. If not, please refer to the surgery guide, which applies to all mouth surgeries.