

Instructions after oral surgery

These instructions tell you what you need to do after oral surgery to make your mouth heal as well as possible.

Stopping the bleeding

The dentist has placed a compress in your mouth. It helps the blood to clot and speeds up the healing process.

- Bite down on the compress for at least one hour.
- If bleeding is heavy or continues, replace the compress with a new one and bite down on it for 30 minutes.
- Repeat until the bleeding stops.
- At the same time, if necessary, hold a cold compress to your cheek.
- Rest in a semi-sitting position.

Avoid the following

- Avoid the sauna for two days.
- Avoid strenuous exercise for a week.
- Do not smoke or use tobacco products after the procedure.

Do not eat immediately, you can brush your teeth normally

- Do not eat, drink or rinse your mouth until the local anaesthesia has worn off. This usually takes 2–3 hours.
- On the day of the procedure, eat only cold, soft foods.
- You can brush your teeth as normal. Avoid the wound area when brushing your teeth.

Swelling of the mouth is normal after the procedure

It is normal to have swelling, pain and bruising in the mouth after surgery. You can ease these symptoms by holding a cold compress to your cheek (for 30 minutes at a time, with a half-hour break in between) and using painkillers.

Swelling of the mouth is most pronounced during the first few days. It usually disappears within a week. You may find it difficult to open your mouth. It will become easier as the swelling goes down.

You may have stitches in your mouth

Any stitches are self-dissolving and can last up to 3 weeks in the mouth. If necessary, they can be removed after about 2 weeks.

During the healing process, you may have a bad taste or smell in your mouth.

Take the medication prescribed for you

Your dentist has probably prescribed painkillers and antibiotics for you. If necessary, you can also get a disinfectant mouthwash.

Follow the instructions provided to you.

Call in case of problems

- weekdays at 7.00–14.00, tel. +358 9 310 51400
- evenings at 14.00–21.00, weekends and public holidays at 8.00–21.00 tel. +358 9 471 71110
- at night at 21.00–8.00 tel. 116 117