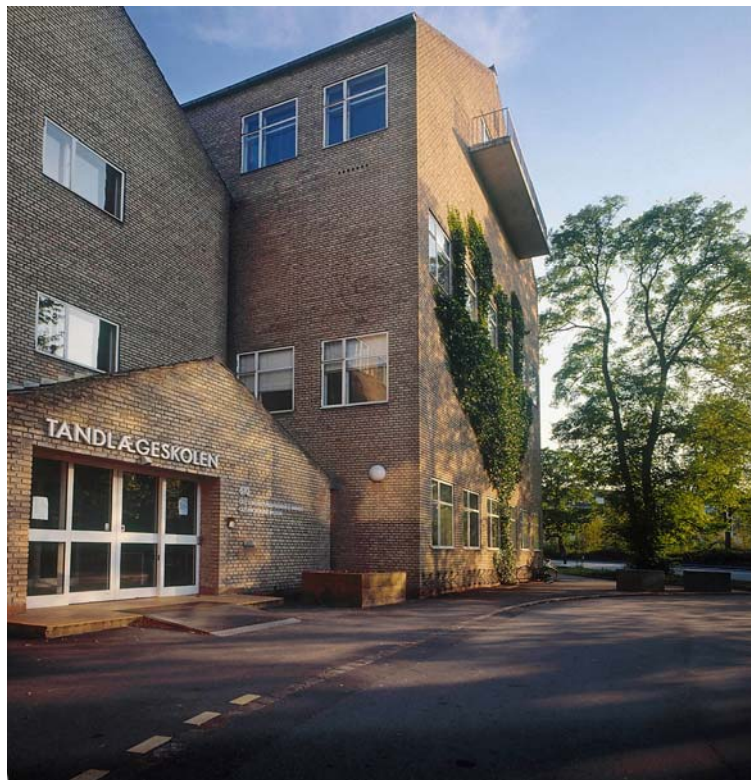


AFTER TOOTH EXTRACTION OR ORAL SURGERY

INSTRUCTIONS TO PATIENTS



UNIVERSITY of AARHUS

Department of Oral & Maxillofacial Surgery and Oral Pathology
School of Dentistry

Instructions to patients

The wound

The wound must be left completely in peace. Avoid touching it with fingers, etc. Avoid touching it with the tongue or “sucking” it.

Mouth rinsing and tooth brushing after operation

Mouth rinsing is only of importance after operations where the wound is stitched up. On the first day of the operation rinse with care. The following days rinse the mouth thoroughly morning and evening with a 0,12% chlorhexidine solution until the stitches have been removed. Rinse the mouth with the solution for at least 1 minute and then spit it out. Tooth brushing in the non-operated areas should be done with a new tooth brush, which has been dipped in the chlorhexidine solution. Ordinary toothpaste will neutralize the effect of chlorhexidine and must therefore not be used. It is important for the wound repairment to keep the mouth clean.

Tooth brushing after ordinary tooth extraction

Brushing of the teeth must take place morning and evening since it is important for the healing that the mouth is kept clean. However avoid the area where the wound itself is. Mouth rinsing is **not necessary** if an ordinary tooth extraction has been performed only.

Food

On the first day the food must be soft and not hot. Do not eat until the anaesthesia has gone! Avoid chewing with the operated side of the mouth. It is important that the food is nutritious and rich in vitamins.

The following days the diet may gradually go back to normal.

Smoking

Smoking delays the healing process and should be avoided.

Pain

Pain may occur the first couple of days after the operation/extraction. To relieve these, the dentist will prescribe painkillers. If the pain is strong and increasing you should contact the department.

Swelling

Swelling occurs after the operation/extraction and will be worst after 2-3 days. The swelling may last another few days. This is not a sign of infection. The swelling may be reduced by adding a cold pack (ice bag) on the cheek on the first and second day. Afterwards moderate heat in terms of a heat lamp or pillow, used 10 minutes 2-3 times a day, may be used. If the swelling is strong, increasing in size or if you get difficulties swallowing or your temperature rises, you should contact the department.

Physical activity

Physical activity should be minimized as much as possible the first 48 hours.

Bleeding

A light oozing bleeding may occur the first day. If this is the case you can lie with an extra pillow under your head. Bleeding can be treated by, in a sitting position, laying a firm, not too small tampon of gauze or a clean piece of cotton fabric over the wound. Bite firmly on this for 30 minutes. This treatment may be repeated if necessary. If this does not stop the bleeding you should contact the department or seek other medical assistance.

Emergency treatment

Emergency treatment outside the departments opening hours can be found at Tandlægevagten or the nearest hospital casualty ward.

Tandlægevagten
Frederiks Allé 20, Brobjergskolen
8000 Århus C
Phone: 4051 5162

Open Friday 18-21 hrs. - weekends and holidays 10-13 hrs.

(pt.-label)

er den / år opereret her på afdelingen.

Operation:

Medgivet recept på:

Kontrol: den / år kl.

Tandlæge

**Afdeling for Kæbekirurgi & Oral Patologi
Tandlægeskolen (Institut for Odontologi)
Aarhus Universitet
Vennelyst Boulevard 9
8000 Aarhus C**

**E-mail: kop@odontologi.au.dk
phone: 87 16 80 76 (Monday-Thursday 8.00-13.00)**