



Dear patient,

You were recently treated with **oral, jaw or facial surgery**. You may experience pain in the area operated on within the days following the procedure. Do not be worried if you have some pain while swallowing or difficulty in fully opening your mouth. The swelling is generally at its worst in the second or third day following the operation. This is completely normal and should not be cause for alarm.

If the swelling does not go down, or causes pain or fever, please come to the office or visit the emergency room.

After the procedure, **gauze** will be placed the wound in order to maintain pressure and stop the bleeding. Please remove the gauze one hour after the surgery.

If the **bleeding** has not stopped one hour after surgery, please place fresh gauze or some rolled paper towel onto the wound and clench your teeth to apply pressure. At this time, keep your head elevated and cool. Do not spit or clean out your mouth.

Do not **clean** your mouth or brush your teeth within the first 24 hours after the operation. After the first 24 hours, clean your mouth and brush your teeth very carefully.

Holding a **wet, cold towel** outside of your mouth on the operated area is effective in reducing swelling and pain. No warmth or ice should be applied directly to the skin.

Antibiotics (such as Penicillin or Clindamycin) may be prescribed by the doctor. These antibiotics should be taken regularly (normally every 6-8 hours) without breaks for as many days as the doctor recommends. It is important to keep consistent drug levels and not miss a dosage.

When you are taking antibiotics and birth control pills simultaneously, **the birth control pills** may not be effective.

Only take pain medication that is prescribed or recommended to you by a doctor, and only if you have pain.

When the local anesthetic **has left your system**, it is advised that you keep to a liquid diet (tea, juice, soup, etc). After the pain has subsided you may eat soft foods. It is important to stay nourished while healing, therefore eating is necessary.

Refrain from **smoking, drinking alcohol** and heavy sport activities for 7 days after the surgery.

It is illegal **to operate a vehicle or heavy machinery** after the use of anesthetics.

An **appointment** will be made for you for the removal of your stitches one week after your surgery. If you encounter any problems before that time, please call the office and we will make an appointment as soon as possible to treat you, if necessary.

A **letter excusing you from work** after your operation can only be given the day of the operation and may not be issued retroactively. If an excuse is needed, you must request this on the day of the operation.

If deep impacted teeth are removed from the lower jaw, there is a higher risk of secondary jaw bone fracture. It is recommended that the patient eats only liquid or soft food for 6-8 weeks after the operation.

Your Team Dr. Sander

Oral-, jaw and face surgery

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