



What to expect after oral surgery procedure

In most cases, the recovery period lasts only a few days. Take painkillers and antibiotics as prescribed by your dentist or oral surgeon. The following tips will help speed your recovery:

- Normal reactions after surgery: swelling (varies individually), pain, possible jaw-lock, sensitivity and some bleeding on the first day.
- While your mouth is numb, be careful not to bite the inside of your cheek, your lips or your tongue. You may eat when the anaesthesia has worn out (about 2-3 hours).
- Avoid hot and spicy food and drinks as well as dairy products (yogurt, cream, cheese, milk etc.) for a few days.
- Avoid rubbing the area with your tongue or touching it with your fingers.
- Do not lie flat for a couple days. This may prolong the swelling. Prop your head up with pillows.
- Use an icepack (e.g.: a bag of frozen peas) on the outside of your cheek for the first 24 hours, for maximum 10 minutes every hour.
- Relax after surgery. Avoid physical activity i.e.: sports, sauna etc. As physical activity and high temperature may increase bleeding and swelling.
- On the day of surgery, brush your teeth avoiding the surgical area. From the second day on, pay particular attention to brushing that area with soft toothbrush only!
- Do not smoke for at least 24 hours after your surgery and try reduce smoking in the following weeks as well. Smoking delays healing, decreases the blood supply and can introduce germs and contaminants to the surgery area.
- Control and stitch-removal takes place one week following surgery.
- Do not hesitate to call us if you have any other reaction as described above!