

TIPS AND ADVICE AFTER SURGERY IN THE MOUTH.

- Do not eat or drink less than 2-3 hours after the surgery. You may drink water while taking a pill.
- Avoid smoking the first day.
- Rinse your mouth with Corsodyl or Paroex bactericide orale rinse morning and evening for a week after surgery.
(Available at pharmacies).
- Avoid rinsing after every meal. This will disturb the wound healing.
- Some oozing of blood from the wound is normal when the anaesthetics wears off (after 1-2 hours). Place a small damp gauze pack directly over the area and bite firmly. The bleeding will eventually stop.
- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. A soft diet is recommended.
- Strenuous activities should be avoided the first 2-3 days.
- Keeping your head elevated using extra pillows may reduce postoperative swelling.
- Unless other information has been given, the stitches will resorb and disappear within a few weeks. If a stitch loosens causing annoyance, you may carefully remove it.
- **Do not drive car if you take the pain pills Pinex/Paralgin Forte.**

In case of any problems after the operation, contact us at:
Kjevekirurgisk poliklinikk (daytime): 55972850
Kjevekirurgisk sengepost (outside office hour): 55973550
Tannlegevakten i Bergen may also be contacted : 55568717