HELSE BERGEN
Haukeland universitetssjukehus

PRECAUTIONS AFTER SURGERY IN THE ORAL CAVITY

Food

- Do not eat, drink or rinse your mouth for the first 2 hours after surgery. Pain relievers can be swallowed with water.
- Avoid smoking and tobacco the first 24 hours.
- In case of opening and/or chewing problems, eat soft/mashed food the first few days after the surgery.

Pain

- Take pain relievers as recommended. The first pain reliever should be taken well before the anesthetic runs out. **Be aware** of medication with a red warning triangle on the package, they should not be combined with driving.

Oral hygiene

- Brush your teeth as usual, but avoid brushing in the surgery area the first week.
- Use anti-bacterial mouthwash in the morning and evening during one week after surgery. We recommend using **either Paroex or Corsodyl.** Purchased over the counter at pharmacies.
- Do not rinse after every meal, the wound must have rest to heal.

Strain

- Avoid vigorous physical activity such as jogging, swimming and the like the first few days after surgery.

Bleeding

- The wound can easily bleed the first 24 hours, especially when the anesthetic runs out. Bleeding can be stopped by biting on a compress for 15–30 minutes.

Swelling/bruising

- Swelling after surgery is common, and reaches its maximum after 2–3 days. The swelling usually disappears after about a week.
- Bruising can sometimes occur after surgery. This is harmless, and will disappear on its own.

Problems opening your mouth

- The first few days, a certain stiffness may occur in the chewing muscles, and you may experience some difficulty opening your mouth. This usually disappears without any treatment.

Stitches/sutures

- Unless otherwise stated, the stitches/sutures used on the wound will dissolve on their own within 2–3 weeks.

In case of any problems after the surgery, contact:
Jaw surgery outpatient clinic daytime, 08:00–15:00: 55972850
ENT/Jaw surgery ward outside daytime, 15:30-08:00: 55973515
Tannlegevakten in Bergen can also be contacted: 55568717