

Mouth hygiene after an operation in the mouth

It is important that you keep your mouth as clean as possible after surgery. This will help avoid infection in the operation wounds.

Start on the first day after the operation by brushing your teeth and rinsing your mouth with chlorhexidine. You will feel better with a clean and fresh taste in your mouth.

Your mouth will be sore and swollen, so brushing your teeth and caring for your mouth will take longer. However, you can't do any damage as long as you just brush your teeth and avoid the surgery wounds. You may experience a little bleeding in your mouth when you brush your teeth.

If you are in hospital, there will be help and guidance to get started. You can also follow these instructions.

THIS IS HOW YOU PROCEED

Follow these steps when you brush your teeth.

- Brush at least three times a day.
- Do not use toothpaste at the same time as chlorhexidine mouthwash as toothpaste will block the effects of the chlorhexidine. Use toothpaste at other times (1-2 hours before or after rinsing with chlorhexidine).
- Always use a small children's toothbrush. Hold the brush under the hot tap until it is very soft. If you have dental braces or similar, you should brush particularly carefully. Perhaps use a solo toothbrush across the edge of your gum and the braces.
- Stand in front of a mirror and make sure you have good lighting.
- Pull at the corner of your mouth with your index finger so that you can see all your teeth.
- Brush systematically to make sure you brush all your teeth. Remember to brush the back of your

teeth as well. It is important that you remove all the plaque from your teeth, as plaque is bacteria.

- Only brush with water. Rinse your mouth with 1 tablespoon of 0.1% chlorhexidine mouthwash for one minute after each brushing.
- Do not drink or eat anything for one hour after rinsing your mouth with chlorhexidine. This will give the chlorhexidine time to fully clean your mouth.

Continue to clean your mouth in this way until the wound has healed, the stitches have been removed, and the transparent plastic brace on your teeth has been removed.

Chlorhexidine may cause a dark-brown discoloration of your teeth, but this can be removed by an ordinary tooth scaling.

NB!

Do not use toothpaste until the day after the operation

Wait for 1-2 hours after you have rinsed your mouth in chlorhexidine before brushing your teeth with toothpaste. Toothpaste prevents chlorhexidine from working, and therefore you should not use toothpaste after rinsing with chlorhexidine.

CONTACT DETAILS AND MORE INFORMATION

If you have any queries or problems, you are welcome to contact us.



Contact

**Kæbekirurgisk Afdeling
(maxillofacial surgery department)**

Tel.: +45 97 66 27 95

Opening hours:

Monday - Friday 09:00 - 14:00

Nurse (telephone consultation)

Tel.: +45 97 66 28 01

Monday - Friday 12:30 - 14:00