

# What to do after an operation in your mouth

You have had an operation in your mouth, and you have to take precautions in the time after the operation so that the wound can heal.

## THE FIRST HOURS AFTER THE OPERATION

The blood vessels must have time to close after the operation. They have to clot to start healing. Therefore:

- avoid strenuous physical activity for the first hours
- do not touch the wound with your tongue, fingers, handkerchief or similar
- avoid sucking on the wound.

## HOW TO KEEP YOUR MOUTH CLEAN

It is important that you keep your mouth as clean as possible after surgery so that it doesn't become infected. Your mouth will be swollen and sore in the initial period after surgery. Therefore, brushing and mouth care will take longer.

Start on the first day after the operation by **brushing your teeth and rinsing your mouth with chlorhexidine three times a day**. If your mouth is clean, and you have a fresh taste in your mouth, you will feel better and cleaner yourself. If you are in hospital, there will be help and guidance to get you started.

You cannot do any damage by brushing your teeth, just keep to your teeth and do not brush your gum. Don't worry about a little bleeding when you brush your teeth for the first couple of days.

### How to brush your teeth and rinse your mouth

- Brush at least three times a day **without** toothpaste. Do not use toothpaste, because toothpaste stops the chlorhexidine from working.

- Use a small children's toothbrush. Hold it under the hot tap until it is very soft. If you have dental braces or similar, you should brush particularly thoroughly. Perhaps use a solo toothbrush to brush across the edge of your gum and around the braces.
- Stand in front of a mirror and make sure you have good lighting. Pull the corner of your mouth with your index finger to see your teeth better.
- After brushing, carefully rinse your mouth with chlorhexidine. Spit out.

## HOW TO TREAT SWELLING AND BLEEDING

Swelling will usually increase during the first 2-3 days and then abate during the following days. If the swelling continues to increase after three days, contact us or your dentist.

Blood may seep from the wound on the first day, but this should not cause concern. Treat severe bleeding as follows:

- Carefully clean the blood from the wound with a clean gauze or handkerchief.
- Lay another gauze over the wound (not in the wound).
- Bite so that gauze presses on the edges of the wound.
- Keep your mouth closed for ½ hour. If necessary, renew the gauze a few times during the process.

If you are in doubt, or if the bleeding continues for a long time, contact the department, your own dentist or the nearest emergency admissions department (please arrive before midnight).



## CHECK-UPS

After the operation, we will assess whether you need a check-up examination.

If you have stitches in your mouth, they will dissolve by themselves. Therefore, you will not have to return to have the stitches removed. It may take up to three weeks for the stitches to completely dissolve.

## CONTACT DETAILS AND MORE INFORMATION

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



### Contact

**Kæbekirurgisk Afdeling  
(maxillofacial surgery department)**

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Monday - Friday 09:00 - 14:00

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