

## What to do after the treatment

### Nazorg na ingreep MKA

You should start cooling immediately to prevent any swelling. Cool for a maximum of 5 minutes, every 30 minutes. Repeat this until you go to bed.

If you have a gauze in your mouth on the wound then you can spit it out after 30 minutes.

The anaesthetic is worked out after 2 to 4 hours. Until then, do not eat or drink.

There are no restrictions on eating and drinking. It is important that you keep chewing well.

Keep your mouth **and the wound** clean by brushing your teeth, gums and wound after each meal.

Do **not** rinse for **5 days**. Even after brushing this will prevent re-bleeding of the wound.

Because you have a wound in your mouth, it is normal that you can have light red saliva for several days. This is nothing to worry about.

During the first week after the treatment, it is important that you do not smoke and/or drink alcohol.

#### Side effects

You can expect the following side effects:

- Pain for 4 to 5 days,
- Swelling,
- Bleeding,
- Fever for 3 to 4 days.

These side effects in themselves are not a reason to worry. Below you can read what you can do about it.

#### **Pain**

After the anesthetic has worked out, you may experience pain. This is easy to control with painkillers. Which painkillers that are most suitable for you will be discussed with you. If necessary, you will receive a prescription for painkillers.

#### **Swelling**

After the treatment, your cheek may swell and your mouth will open less far. This is a normal consequence of the treatment. The swelling will decrease again after 3 to 4 days. By cooling your cheek you can prevent the swelling. Avoid solar heat.

#### **Bleeding**

The wound may bleed slightly for the first few hours after the treatment. When the wound after some time (differs per patient) still bleeds (thick lumps dark red blood), then you can do the following action.

You take a new gauze or a clean handkerchief and clean your mouth with it. Do **not** rinse your mouth!

Then take a second gauze and fold it double. If you do not have a gauze, you can also tie a knot in a clean handkerchief. The folded gauze or knot is placed on the wound and you clench your jaws for half an hour firmly. It is important that pressure is applied to the wound.

#### **Possible complications**

In the lower jaw runs a nerve that provides the feeling in the teeth and molars, gums, lip and chin.

As a result, (extremely sporadically) after the treatment, a temporary and sometimes a permanent feeling disorder in the lower lip, chin or tongue arises.

#### **When to call:**

- If the wound continues to bleed despite your precautions.
- When after four or five days the pain and/or swelling does not decrease but rather increases.
- If you get a fever above 38.5 °C.

Of course, you can always call when you have questions or if you are worried.

Then call poli MKA, telephone number: (0475) 38 21 21