

How to take care of your wound

Congratulations! You made it through the procedure. Here are some gentle reminders to help you take care of your wound.

Pain

1. This can be well controlled by painkillers.
2. Eat your painkillers regularly (regardless) for the first 3 days at least.
3. Some mild ache or jaw stiffness is normal and to be expected. Hot and cold compress on your jaw can help provide relief.



Eat your painkillers regularly

Bleeding

1. Bite on the gauze, and swallow your saliva for the next 2 hours.
2. Check for bleeding and reapply a new gauze for 1 hour if needed.
3. Make sure your gauze is over the wound and not on your teeth.
4. New bleeding sometimes happen. Stay calm. Bite on gauze for the next 2 hours and it should stop.

Wound care

1. You can brush your teeth as per normal, up to near the wound.
2. "Soak" the wound with the antiseptic mouthwash prescribed.
3. Avoid vigorous swishing as this may induce more bleeding.
4. Return to the clinic as appointed to have your wound checked.

Eating

1. Keep to food that's room temperature or cooler for the first 2 days. (Ice Creams are great!)
2. Consider cutting food into smaller sizes or food with softer texture. (Eggs, Tofu or soft bread are great!)

What to expect until your review

1. Some swelling and bruising at the cheeks are common, this will improve and go away over time.
2. Mild Oozing or blood stained saliva is expected in first 2 days. Do protect your pillow with an old towel or T-shirt when you sleep.

**Bruising and swelling is normal.
These will improve over time**

Call us!

We are here to take care of you. Your peace of mind is important to us. Call or text us should you need reassurance or if you have any questions. We'd do our best to help!