

Dear patient,

Soon you will be undergoing surgical treatment at the Oral and Maxillofacial Surgery department of the Heilig Hart Leuven hospital. This document aims to inform you of the planned procedure.

Preparation:

Your attending surgeon will go through your file before starting the treatment.

If you are taking any blood thinners or medication for osteoporosis treatment (bisphosphonates, denosumab), it is important to mention this.

The treatment will be performed under local anaesthetic by means of an injection in the mouth, just like at the dentist's. On average, this anaesthetic lasts for about 2 hours and then gradually starts to fade.

You can have a meal before a procedure under local anaesthetic. Good oral hygiene reduces the risk of infections.

If you are anxious about this procedure, you can have a tablet that will melt under your tongue and help you relax. In that case, it is best to be here 1 hour earlier to allow the medication to take effect. You will need someone to take you home afterwards.

The operation:

The assisting nurse will use sterile drapes to ensure cleanliness. The equipment required for the procedure is laid out. If you like, you can bring some music to distract you a little.

The stitches in your mouth will dissolve automatically after about 2 weeks.

Most procedures take about 20 minutes of actual surgery time. You will experience no pain during surgery.

After the procedure:

After the procedure, your attending surgeon will inform you of the most important points of concern:

- You will be advised not to have any hot food or rinse your mouth during the first day after surgery, as this increases the risk of subsequent bleeding.
- A gauze pad will be placed in your mouth. You can remove the gauze yourself after half an hour. The gauze is replaced quite frequently.
- If any swelling is expected after the procedure, it is advisable to cool your cheek with an ice pack. If you do not have a cold pack at home, we can provide you with one. **Ice should only be placed against the cheek during the first day.**
- Your doctor will give you a prescription for your medication afterwards: pain killers and mouth wash.
- If necessary, a check-up consultation is arranged.
- If you need any medical certificates for your work or insurance, these can be obtained from the office.
- Smoking increases the risk of infection and discomfort during recovery. Patients are therefore strongly discouraged from engaging in any smoking after the procedure.

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Expected discomfort:

Swelling:

Your cheek is expected to swell. The swelling is usually most pronounced the day after the procedure. Ice packs can only be used during the first 24 hours after the procedure to reduce the swelling. It may be useful to sleep on an extra pillow for the first few nights after the procedure.

Post-surgery pain:

It is normal to experience some discomfort or moderate pain. The prescribed medication has a soothing effect.

Temperature:

A slightly raised temperature is normal the day after the procedure.

Complications

Infection:

If the pain, swelling and/or bad taste in your mouth deteriorates more than a week after the procedure, this may be an indication of an infection. Please contact your doctor for a check-up appointment to get treatment promptly.

Numbness:

Your bottom lip, chin or tongue area may feel temporarily numb after surgery. If they still feel numb after more than 48 hours, you are advised to contact your attending surgeon.

Surgery-related costs

Certain procedures are not reimbursed by the health service. These are:

- 1- Extractions of completely fractured teeth from age 18 to 53: this ranges from 60 to 120 euros.
- 2- Apicoectomy
- 3- Tooth implants and biomaterials

PLEASE DO NOT HESITATE TO ASK YOUR ATTENDING PHYSICIAN OR OTHER MEMBERS OF THE ORAL AND MAXILLOFACIAL SURGERY TEAM FOR FURTHER INFORMATION.

It is best to contact us again in the following situations:

Increased pain and swelling after day 5: this indicates a risk of infection.

The bleeding continues.

Contact the Oral and Maxillofacial Surgery department:
(0)16 20 91 90

Weekdays from 8am to 5pm: +32

Evenings and weekends: emergency services +32 (0)16 20 92 80
(They may put you through to the oral surgeon on call.)

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