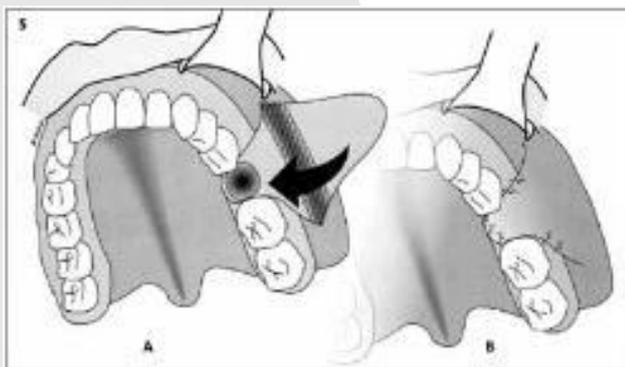


## Aftercare following the closure of an oroantral communication

### Treatment

When a tooth is extracted from the upper jaw, the attending oral and maxillofacial doctor may ask you to blow your nose softly to build some pressure in the sinus. This allows the doctor to assess whether the bottom of the sinus is perforated by a tooth with long roots reaching the sinus.

If this is the case, there is an open communication between the mouth and the paranasal sinus, which needs to be closed in order to avoid sinus infection.



The wound is usually closed with dissolvable stitches that will automatically disappear after 2 weeks. Your doctor will inform you if non-dissolvable stitches were used and will arrange a check-up appointment for you.

## Procedure aftercare

### Pain and swelling

The local anaesthetic usually wears off after about 4 hours. Make sure you take a painkiller before this happens. It is usually enough to alternate ibuprofen and paracetamol for pain relief.

The procedure may cause the cheek to swell. The swelling will increase during the first 48 hours. The swelling will gradually subside during the following week. This is sometimes accompanied by the skin turning blue and then yellow. We advise you to apply ice to the outside of the affected area for the first 6 to 8 hours. Keeping the area cool reduces any swelling as much as possible. It is not necessary to keep the ice pack in place continuously. 20 minutes per hour is fine.

### Brushing and rinsing

It is best not to brush or rinse your teeth for a day following the procedure. On the day after the procedure, it is advisable to brush your teeth well. After brushing you can rinse your mouth with a mouthwash. After a week to 10 days, you can stop the mouthwash.

### Food and drink

It is not advisable to have any hot food the first day after the procedure, as this can cause bleeding and increase the swelling. You can have hot drinks and food again the following day.

Smoking has a negative impact on the healing of the wound and is best avoided for up to 5 days after the procedure.

### Bleeding from the nose

Your nose may bleed slightly during the first few hours. To ensure the wound can heal as much as possible, it is very important *not* to apply any pressure to the wound. **You must therefore not blow your nose, push, blow or bend down for the first 2 weeks after the procedure.**

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## Contact

Contact our department if you experience one of the following symptoms:

- The bleeding does not stop.
- You have a temperature of 38.5°C or more.
- The swelling or pain increases rather than subsides after 4 to 5 days.
- You feel the area under the eyes is increasingly full or you feel pressure in your cheek.
- You notice discharge from your nose.
- Air or liquid goes from your mouth to your nose.

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