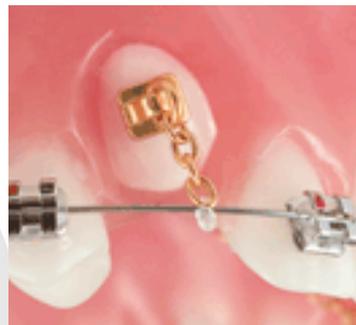


## Aftercare following an opened impacted element

The aim of this treatment is to give the enclosed tooth enough space to break through and to allow the orthodontist to pull the tooth outwards with an orthodontist bracket.

Depending on where the tooth is opened up, treatment will take place on the lip side or on the palate side.



The wound may be closed with dissolvable stitches, which will automatically disappear after about 2 weeks.

The wound may also be dressed with a material that looks like chewing gum. Your doctor will inform you of this.

## 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.

If the treatment was near the palate, you can eat an ice lolly to keep the area cool.

### 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.

### 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.

DR GRIET DE TEMMERMAN  
DR BENEDIKTE LORRÉ  
DR JAN NEVEN  
DR JAN VANHOVE

NAAMSESTRAAT 105  
3000 LEUVEN

TELEFONISCHE AFSPRAKEN  
016 20 92 09

E-MAIL  
MKA@HHLEUVEN.BE

TELEFOON SECRETARESSE  
016 20 91 90

WEBSITE  
WWW.MKA-LEUVEN.BE