

Definition: An abscess is a collection of pus and infection in a confined area. In jaw abscesses, the collection of pus occurs in the lower or upper jaw.

A dental abscess is a collection of pus around the tip of the tooth root or where the tooth is located in the jawbone.

Preoperative training:

- Training patients to fast for 8 hours before surgery
- Training not to take blood pressure, diabetes and anticoagulant medications before surgery as ordered by the doctor
- Training on removing dentures, artificial nails, chewing gum, jewelry, etc.
- Training on voiding urine before surgery
- Removing nail polish

Postoperative instructions:

- 1- Keep the gauze placed on the extracted tooth for at least half an hour with gentle pressure on the jaw.
- 2- Due to the long anesthesia time (usually 3-4 hours) and the numbness of the soft tissues around the tooth, be careful not to bite your lips, cheeks, or tongue.
- 3- Avoid rinsing your mouth on the day of surgery and avoid sucking and frequent emptying of saliva.
- 4- From the second day, gently rinse your mouth with saline solution or diluted salt water or the prescribed antiseptic solution, after each meal during waking hours, and every three hours.
- 5- It is normal for some bleeding to occur for several hours after oral surgery. If bleeding occurs, place a piece of sterile gauze over the site and hold it with gentle pressure from the opposing teeth for 30 minutes. If bleeding continues, repeat this procedure and avoid changing the gauze at intervals of less than 3 minutes.
- 6- After surgery, a gray crust may appear on the wound inside the mouth, and the mouth will have a bad taste and odor for a few days. These conditions are normal and do not

indicate the presence of infection.

7- Have a liquid or soft, lukewarm or cold diet on the first day and from the next day if you are not uncomfortable, you can use regular foods. (Chew food with the other side of the jaw) Consuming sufficient and nutritious fluids and foods is essential after surgery and has a significant impact on your healing and recovery. Be careful to avoid direct pressure of the food morsel on the sutured tissue for a week.

8- Swelling and pain are to be expected after surgery. Applying a cold compress (ice pack) outside the mouth after surgery is effective in reducing swelling.

9- Swelling is maximal within 24-48 hours after surgery and then decreases and disappears within 7-10 days.

10- Sometimes after tooth extraction, a blood clot is separated from the cavity of the extracted tooth and a condition called dry socket occurs. This condition occurs a few days after the clot comes out and is relatively painful. If this condition occurs, contact the clinic.

11- After surgery, refrain from smoking cigarettes and pipes and using straws to drink liquids for a few days.

12- It is recommended to place two pillows under you while resting.

13- Brushing your teeth is fine from the day after surgery, but be careful not to brush your teeth directly on the stitches for a week

14- Return to the clinic one week after surgery to have the stitches removed.

Minimum Education During Discharge:

Diet

Educate about the diet prescribed based on the condition or diagnosis.

If a diet is not prescribed, instruct the patient to consume a low-residue, high-protein, high-calorie diet. Home Care General Information Provide written and verbal instructions to the patient and caregiver.

development. Warning signs: In case of high fever and respiratory distress, be sure to visit the maxillofacial emergency center. Activity

Advise the patient to avoid strenuous activity after surgery. Encourage the patient to perform self-care activities as tolerated. Instruct the patient to elevate their head approximately 45 degrees above the body when resting.

Diet

Remind the patient of the prescribed diet, which includes high-calorie and protein foods (soup, natural pineapple and apple juice, and muscle water), as well as the consumption of soft foods with clear liquids.

Tell the patient to avoid stimulating foods.

Help the patient and caregiver consult with a dietitian about special diets.

Medications

Explain the purpose, amount, timing, and method of taking any prescribed medications, such as antibiotics, as well as any side effects that should be reported to the doctor or nurse.

Antibiotics may be prescribed to control infection. Warm salt water gargling, pain relievers to relieve fever and toothache.

Instruct the patient to avoid taking over-the-counter medications without consulting the physician.

Advise the patient to avoid taking medications such as aspirin, warfarin, and other similar medications after surgery due to the risk of bleeding.

Emphasize the importance of regular visits and make sure the patient has the names and phone numbers of emergency contacts.

Return to the clinic one week after surgery for suture removal.