

## What to do after a surgical procedure

You have undergone an oral surgical procedure today. We want you to have a problem-free healing process and would like to give you a few tips to take home with you to ensure your complication-free recovery.

1.) A bite swab has been placed in the wound area. Please bite down on this evenly for an hour. Then you can remove it or spit it out.

2.) Please don't lie flat after your procedure; it's better if you stay sitting up. If required, place an extra pillow under your head to keep it raised slightly while sleeping.

3.) If you have had surgery that opens maxillary sinus, do not blow your nose for 14 days, and sneeze only with your mouth open.

4.) We have prescribed you painkillers. Please take them according to our instructions.

Ibuprofen 600 mg: 1 tablet directly after the operation and while the anaesthetic has not yet worn off, then 1 tablet early in the evening and 1 at night. You can take up to 2400 mg divided into 4 individual doses. Please do not exceed this dosage. If the pain becomes more severe, please contact us so that we can prescribe you a stronger painkiller. In addition, painkillers may impair your ability to drive and have an effect on your circulation. Please bear this in mind and do not drink alcohol while taking this medicine, as it may increase its effect.

5.) If in doubt, please contact your doctor.

6.) Please note that you must not eat anything or drink hot drinks for the duration of the anaesthesia. This could cause significant bite injuries as your lip, tongue and inside of your cheek will be numb.

7.) You should avoid heavy physical exertion. We will give you individual information on how long you should abstain from exercise.

8.) Swelling of the soft tissue can occur after every operation. To keep swelling to a minimum, we recommend cooling the area with cool packs directly after the operation and then subsequently cooling with a cold, wet cloth. Please avoid exposure to direct sunlight or direct heat in the area of the surgery. Swelling after surgical procedures is usually the worst on the third day after the operation. Please do not let it unsettle you.

9.) Please note that a little blood seeping from the wound may make your saliva turn slightly red. However, if you experience any post-operative bleeding, keep calm. Place a damp cloth handkerchief on the wound area and bite down firmly. Gauze would also be suitable, but not paper tissues please! Bite on this piece of cloth continuously for about 30 minutes without looking inside to see if it is still bleeding. Please do not spit or swill out your mouth during this time.

10.) For complication-free wound healing, it is important that the haematoma forming in the wound is not destroyed. For this reason, you should avoid vigorous mouth rinsing, sucking on the wound, etc. It is important that you practice very good oral hygiene after every meal to avoid bacterial plaque. Start with soft foods and avoid smoking until the wound has closed. Try to chew on the healthy side of your mouth.

11.) The wound edges are stitched. The stitches are usually removed after 7–10 days. We can make an appointment for this at reception.

12.) If you experience severe pain, an unpleasant taste in your mouth, bad breath, fever or any other symptoms during the healing process, please contact us by telephone or come to our practice during consultation hours.

Get well soon!!

Your practice team