



## Aftercare instructions after surgical procedure

After your surgery, you should avoid physical exertion in the coming days. Take it easy on yourself and follow the instructions below.

### Eating

Please eat only when the full feeling has returned to the anaesthetised spots. On the day of surgery, you should rather take liquid food, e.g. lukewarm soup, yoghurt or ice cream.

Please avoid alcohol and do not smoke!

### Sleeping

When sleeping during the first two days please raise your head. This helps to avoid or reduce discomfort.

### Tooth-brushing

On the day of the operation, please do not brush your teeth and do not rinse your mouth. Afterwards, you should carefully continue your dental care. However, you may clean the tongue with an oral rinse solution and toothbrush on the day of surgery.

### Rinsing

Please carefully rinse your mouth twice daily with a chlorhexidine mouthwash solution (pharmacy). This is best done on the day after surgery.

### Swelling

To avoid strong swelling, cool the wound area after surgery for 2 to 3 hours. After 15 minutes of cooling, wait for 15 minutes, then cool again. Slight swelling and discoloration of the cheek may nevertheless occur. If necessary, you may repeat this procedure 1 to 2 times on the following days.

In no case should you apply heat within the next 48 hours!!



### Post-bleeding

If post-bleeding occurs unexpectedly, place a gauze bandage or a fresh cloth handkerchief on the wound and bite it firmly, so that the fabric presses on the wound. You should not lie down but sit. If the bleeding does not stop after 1 to 2 hours, please contact the doctor or see a dental emergency service.

In no case should you rinse or continue spitting!

### Swab

If a swab has been placed on the fresh wound, you must hold it by biting it and remove it after approx. 15 to 30 minutes. If the wound still bleeds, bite a new swab and repeat until the bleeding stops.

### Pain

Slight discomfort is to be expected. However, to avoid severe pain, please take 200 to 600 mg of Ibuprofen (please follow the instructions of your doctors) every 4 to 5 hours during the first 2 to 3 days after surgery. Please start taking Ibuprofen as soon as possible after the operation, do not wait until the pain begins.

If you are not able to handle the pain with this medication, please contact us.

### Follow-up

Please keep the agreed follow-up appointment. Aftercare is an important part of the treatment.

Dr. Astrid Fischer & team wish you a speedy recovery