



## Behaviour after periodontal surgical procedures

Dear patient,

For an uncomplicated healing process, you should observe the following rules of conduct:

### 1. General

- Avoid severe physical exertion in the next few hours.
- Do not get behind the wheel for the next 24 hours.

### 2. Food & beverage

- As long as the anaesthetic persists, do not eat or drink.
- To avoid post-bleeding on the day of the procedure and on the following two days, do not drink alcohol, caffeinated drinks or black tea.
- In the first two days, you should eat only liquid food, if possible. Carefully protect the wound when chewing and avoid sticky foods.

### 3. Smoking

- Smoking encourages wound infection!
- Please abstain from smoking, if possible until the stitches are taken out.

### 4. Pain

- After the anaesthetic has subsided and up to two days after the procedure, traumatic pain is normal. Please take the prescribed analgesics directly after the procedure and afterwards as needed (please note the maximum daily dose!)
- If pain occurs again after three days or more, please go for treatment in our practice.

### 5. Swelling

- A swelling after surgery is also normal. You can relieve it by immediately applying cold compresses on the cheek over the wound after the surgery for two days.
- Due to the swelling, movement or locking of the jaw may be temporarily restrained and there may occur occasional swallowing difficulties.



## 6. Oral hygiene

After periodontal surgery, special oral hygiene is required in the operated area, which we would like to briefly explain to you:

First to fourth week after surgery

- From the first day after the operation, rinse the wound area with Chlorhexamed FORTE 0.2% and gently apply a Chlorhexamed 1% GEL with a cotton swab!
- Avoid chewing and brushing teeth in the wound area!
- In general, hard food should be avoided during this period.

Fifth and sixth week after surgery

- Continue rinsing the wound area carefully with Chlorhexamed FORTE 0.2% and apply Chlorhexamed 1% GEL using a cotton swab.
- In the wound area, you can now carefully start brushing your teeth. Please make sure that wiping movements with the toothbrush are always made from the gum to the tooth.

From the seventh week after surgery

- Stop using Chlorhexamed Forte 0.2% and Chlorhexamed 1% GEL!
- In addition to brushing the teeth, re-start interdental cleaning with dental floss, but avoid the use of interdental brushes and toothpicks for a few weeks.

*Please note that during the use phase of Chlorhexamed FORTE 0.2% and Chlorhexamed 1% GEL taste irritation, a numbness of the tongue as well as yellowish-brownish discolorations of the teeth, the dentures, the tongue and the gum may occur.*

*The taste irritation and the feeling of numbness usually disappear after the initial application, but no later than after discontinuation of the above-mentioned preparations.*

*The discolorations of the gum and the tongue disappear after discontinuation of the above-mentioned preparations.*

*The discoloration of the teeth and the dentures will be completely removed during the next prophylaxis.*

We wish you uncomplicated healing and hope you have a speedy recovery!

Dr. Astrid Fischer and colleagues