



ZAHNMEDIZINISCHE PRAXISKLINIK MANNHEIM

Prof. Dr. Hassel - Dr. Hunecke

POST-OPERATIVE INSTRUCTIONS

Dear Patient,

Please follow these instructions before and after your dental surgery.

- 1 Do not drive following the surgery.
- 2 Bite down on the gauze pad placed over the operated area for 30 minutes, then remove it and dispose accordingly. Should the bleeding continue or reoccur, take the gauze provided, roll it up and place it on the wound. Bite or press down firmly for 1 hour. Discoloration of the gauze is normal. Should the bleeding still persist after one hour, please call us.
- 3 Do not lay down immediately after the procedure, as this will increase the blood flow to your head and could cause increased swelling. In the week following your surgery refrain from physical exercise, sport and manual labour. Sauna and sunbathing are also discouraged.
- 4 Wait until the numbness around your mouth and lips is gone before eating and drinking and then try to chew on the non-operated side of your mouth.
- 5 Do not diet during the first week following your surgery. This is the primary time for healing the wound and your body and your immune system will need a healthy and balanced diet. Eat soft foods such as fish, noodles or cooked vegetables and try to chew primarily on the non-operated side of your mouth. Highly acidic foods and drinks such as fruit juice or vinegar may irritate the wound. Please keep caffeinated drinks such as coke, coffee or tea to a minimum.
- 6 Do not smoke or drink alcohol during the first week following the surgery.
- 7 Beginning on the day after your operation, rinse three times per day with the prescribed mouth wash to keep the wound and the stitches clean. Please note that more frequent rinsing will slow down the healing process! Brush your teeth after each meal, taking care to gently clean only the teeth (and not the gums) on the operated areas. After your stitches have been removed, your dentist will give you further instructions on oral hygiene.
- 8 Swelling is normal and will occur in the operated area and the cheeks, increasing during the first three days following your surgery and then gradually receding. To help keeping swelling to a minimum, cool the operated side of your face from the outside using cool, moistened washcloths or a gel pack. Do not use ice, as this is too cold and could increase the amount of swelling.
- 9 Light pain in the operated area is normal. Please take your prescribed pain medication as instructed by your dentist. Refrain from taking pain medications containing acetyl salicylic acid such as Aspirin, Dolomo, Thomapyrin or Alka-Seltzer, as these medications may promote bleeding.
- 10 If your surgery has been in the sinus region, please refrain from blowing your nose for 4 weeks following your surgery. Use a tissue to gently wipe your nose instead. While sneezing, open your mouth, as this will prevent the pressure from building up in your sinus cavity.
- 11 If you take regular medication, please consult your doctor about its use before and after your oral surgery.
- 12 We would like to remind you of the importance of your post-operative check-up visit, which may include the removal of stitches, as this can prevent the onset of further complications.

During our opening hours, you can reach us on 0621 43 29 76 90.

Outside our opening hours, please call us on 0160 92 54 41 48.

Our whole team wishes you a speedy recovery!