



Recommendation for behavioural in postoperative term

Don't drive with a car by your own. Call for someone to fetch you or take a taxi.

Swelling after operation is normal. You can influence the extent of swelling by holding your head high, which means not to lay down and by cooling the wound area.

You can remove the swab we've put into your mouth one hour after operation.

After the intraoral anesthesia is remitted you may eat and drink. We recommend smooth food, for example soups and all kind of noodles. Alcohol, coffee, black tea and coke elevate the risk of secondary bleeding.

Smoking is a frequent reason for wound healing complications.

Leave out the wound during your usual oral hygiene

Use an oral rinse one day after operation which contains chlorhexidine for example "Chlorhexamed-Lösung" or "Oral-B-Mundspüllösung" (take one tablespoon into your mouth after each meal and spit it out after one minute).

In the first days we recommend to avoid sports and other physical strains. These would elevate your blood pressure and the possibility of secondary bleeding.

If you need to you can take the analgetics we've precepted to you. Don't use analgetics which contain acetylsalicylic acid (for example aspirin)

Normally secondary bleeding is harmless. Bite on a clean handkerchief and press it at the wound for at least half an hour.

In urgent cases you can call beyond the official consulting hour. Call 0177-3260911.

We wish you a speedy recovery!