

## Post-operative Instructions

### Pain

- ✓ After surgery possible discomfort is expected.
- ✓ Use only the pain-medication that are prescribed to you.
- ✓ Avoid using aspirin. There is risk of bleeding.
- ✓ In case of intense and persistent pain contact us.

### Bleeding

- ✓ Bleeding is not expected. Your saliva may be slightly pink. This is expected and not worrying.
- ✓ Avoid spitting and constant mouthwashes.
- ✓ Avoid physical exercise and exposure to the sun.
- ✓ If your saliva is red and you notice continuous bleeding contact us.

### Swelling

- ✓ The use of ice (wrapped in a towel) in the early hours after surgery helps to reduce swelling.
- ✓ Place the ice at the surgical site for 5-10 minutes. Then remove it for 5-10 minutes. Repeat at the same fashion for at least 2-3 hours.
- ✓ Use two (2) pillows when you sleep at night.
- ✓ Light swelling is expected the next day, which is not worrying.

### Petechiae (hematoma)

- ✓ Sometimes they are seen on the lip or the cheek. It is something that happens rarely and is not worrying. It will go away in 5-7 days.

### Diet

- ✓ Avoid hard and warm foods during the first 2-3 days after surgery.
- ✓ Recommendation for soft and cold (or lukewarm) food (soups, purees, milk, ice cream, rice, macaroni cut into small pieces).
- ✓ Do not eat nuts and hard meat.

### Oral hygiene instructions

- ✓ In the area of surgery, use only the oral solution two (2) times a day.
- ✓ In the rest of the mouth, you can normally apply oral hygiene as indicated (brushing, yarn or interdental brush).

### Smoking

- ✓ Avoid smoking in the first few days after surgery.
- ✓ Smoking adversel affects healing and favors hemorrhage.

### Stitches

- ✓ The sutures (absorbable or not) will be removed either in the first (1<sup>st</sup>) or second (2<sup>nd</sup>) week after the surgery.

### Next visit

- ✓ The next visit will take place in about one (1) week.

For an questions or inconvenience, please call us at:

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