



Mund-, Kiefer-, Gesichtschirurgie & Oralchirurgie Friedrichstraße

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Instructions to patients following oral surgery

Dear Patient,

Today, you have undergone an operation. Today and tomorrow you will probably experience soreness, swelling around the area of the operation, and difficulties in opening your mouth; and you may experience some difficulty swallowing.

In general, the swelling is most noticeable on the second **day after surgery. This is normal and by no means dangerous.** Please follow these instructions to avoid complications

1. If a pressure pack has been put in place, please keep it in place with constant, firm biting pressure for one hour. Then spit the pressure pack out..
2. If bleeding occurs again, take a clean cotton tissue, fold it into an appropriate size, pull it in place and once again apply pressure to the wound for one hour. Do not repeatedly rinse your mouth or spit as this can cause your bleeding to continue.
3. Place a cold towel or an ice bag over the area of the operation to keep it cool on the day of the operation and on the two days following the operation.
4. Do not eat or drink anything as long as any numbness is present. Otherwise you can scald or bite yourself unintentionally.
5. Avoid cigarettes, black tea and coffee, and all beverages containing alcohol for 3 to 4 days. These items can cause bleeding to reoccur. Limit yourself to soft foods for a few days.
6. If as part of the surgery the maxillary sinus is opened, you may experience minor nose bleeding. This does not have to be a cause for concern. If this happens, do not blow your nose until the sutures have been removed. Put the prescribed nose drops into the affected nostril about 4x times daily.
7. After eating, rinse your mouth briefly with clear water or chamomile tea once. Frequent rinsing prevents the wound from healing and can cause secondary bleeding.
8. Leave the wound alone as best as you can. You may, however, brush your teeth with a toothbrush.

IMPORTANT

The local anesthetic injection can impair your ability to react while driving. After surgery, wait at least two hours before you drive a car. Arrange to be picked up at the practice, take a taxi or use the public transportation system.

Your practice team wishes you a speedy recovery!