

## Instructions to be followed after the removal of teeth and surgical interventions in the mouth

- DRIVING** Please note that you may not be fit to drive a car after the operation. We therefore recommend that you do not drive on the day of the operation.
- BLEEDING** Remove the cotton swab from the wound after 30 minutes. Should some minor bleeding occur, you may stop it by putting a new swab (or a clean cotton handkerchief or gauze bandage from your first aid box) on the wound. In this case do not lie down, but remain seated. Do not rinse your mouth or continuously spit out. In the event of prolonged bleeding, please contact us.
- EATING** Do not eat as long as the local anaesthetic is still in effect. Be careful with the wound area for about one week when chewing. To avoid complications, we recommend that you abstain from alcohol, nicotine, black tea and drinks containing caffeine for the first 24 hours. You should cut down on physical strain (e.g. sports, sauna) and extensive nicotine consumption for one week (until the stitches are removed).
- ORAL HYGIENE** Within the first 24 hours, rinse your mouth with warm water after meals only. Frequent rinsing may harm the healing process. Avoiding the wound area, you may then brush and floss as usual. In case a plastic splint was inserted, wear it day and night for about five days according to our instructions and remove it only for meals and cleaning. Do not brush the stitches. For disinfection of the wound area, use the recommended mouth rinsing solution (Perio Plus+ Protect / Curaprox) for at least one week.
- PAIN** Pain is not unusual in the wound area within the first three days after surgery. If necessary, please use only the pain killers we prescribed. Please contact us even before our appointment for the removal of stitches if you suffer from continuous pain.
- SWELLING** Swelling and restricted mouth opening may occur and may last for up to seven days after long and complicated surgery. Please use a cool compress from the outside, especially during the first two days after surgery. Be careful not to cause hypothermia of the wound area.
- DISCOLORATION** Discoloration of the skin (hematoma, bruises) and mucous membranes may occur. Medication containing acetylsalicylic acid (e.g. Aspirin<sup>®</sup>, ASS) increases bleeding and hematoma. Please contact us if your health requires you to take these medications regularly.
- ANTIBIOTICS** If we prescribed antibiotics, make sure to take the tablets every six or eight hours according to our instructions without any interruption. Please note that the effect of contraceptive medications („the pill“) may be reduced as long as you take antibiotics.