AFTER THE PROCEDURE

General behaviour and nutrition

The first days after your procedure

General behaviour

- Please bite on the gauze for **30 minutes**. Afterward, remove it and dispose of it.
- If unexpected **bleeding** occurs, place the provided gauze (or a clean cloth) on the wound and apply pressure for 1 hour, or bite down firmly. A discoloration of the compresses is normal.
- Please take a painkiller soon after the procedure, **before the anaesthesia wears off**.
- Wounds in the oral cavity may leak slightly on the day of the procedure and up to three days afterward. In the mouth, blood mixes with saliva, which can make it appear as though there is more blood loss than there actually is.
- Avoid **frequent rinsing or gargling** on the day of the procedure, as this could intensify the bleeding.
- **Do not lie down immediately** after the procedure, as this can increase blood flow to the head and cause swelling.
- Avoid **physically strenuous work or sports** in the first week after the procedure. Sauna visits or sunbathing are also not recommended.
- Please apply **cold packs**, ice packs (wrapped in a dry cloth), or cold compresses to the outside of the affected area for the first two days after the procedure. Apply the cold for 30 minutes, then take a half-hour break, and repeat as needed.
- In the first days after the procedure, you may experience wound pain, swelling, difficulty opening your mouth, bruising, or a slight increase in temperature.
- The use of medications containing **acetylsalicylic acid** (e.g. Aspirin, ASS, Thomapyrin) for pain relief should be avoided, as they can promote bleeding.
- After one week, we will check the surgical site and remove the stitches. This is a short, painless process.

> **For procedures involving the sinus cavity**
>
> There is a **ban on blowing your nose for 4 weeks**. If your nose is runny, please only dab it with a tissue. When sneezing, do so with an open mouth to avoid building pressure in the sinus cavity.

Nutrition

- Please eat and drink only once the **anaesthesia has worn off**. Preferably chew on the side that was not operated on.
- **Soft foods** are recommended, such as fish, pasta dishes, or cooked vegetables. Acidic foods like fruit juices or vinegar may irritate the wound. Reduce caffeine-containing drinks like cola, coffee, or tea to a minimum.
- **Smoking is prohibited** in the first week after the procedure.

CONTACT

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GETTING HERE

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S1 S2 S25 – Nordbahnhof

OPENING HOURS

Mon – Thu 08:00 – 18:00
Fri 08:00 – 14:00

Oral care

Good oral hygiene is crucial for wound healing.

- Starting on the **3rd day** after the surgery, rinse three times a day with a mouthwash such as Chlorhexamed®, Kamillosan, mouthwash, sage or chamomile tea to keep the wound and the stitches clean. However, this rinse should not replace gentle mechanical cleaning with a soft toothbrush.
- Coconut oil can also be helpful.
- Please brush your teeth after each meal. In the surgical area, only gently brush the tooth crowns. Spit out the water carefully, but **do not rinse**.

If needed, please contact us – we are always here for you. The entire practice team wishes you a speedy recovery.

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