

Dear patients,

you have undergone a more difficult surgery today. As a result, sore pain, swelling of the cheek, obstruction of the ability to open the mouth and even minor dysphagia are likely to occur today and in the next few days. Usually swelling culminates on the second or third day after surgery. This is normal and by no means threatening. To avoid wound healing problems or complications follow the rules of conduct listed below.

- If a dental swab has been inserted, bite on this swab for about 30 minutes. Thereafter remove the swab from the oral cavity. Until remission of anesthesia please do not eat anything or drink hot beverage because of the imminent risk of injuries.
- Should the wound start bleeding again later, please take a clean handkerchief, knot it, and apply about 2 hours of pressure on the wound by biting the handkerchief knot located on the wound. Contact us if the bleeding does not stop! It is important that you refrain from flushing and possibly spitting or swallowing during bleeding. In the next three days please cool the area of surgery by positioning on the cheek an ice bag wrapped in a cloth. Doing so will reduce the swelling.
- Under no circumstances you should apply heat to the wound area during the first days after surgery.
- Do not drink alcohol, coffee or black tea on the day of surgery and the following day. If you smoke, we ask you to abstain until the sutures are removed. Also avoid physical efforts.
- If an opening between the oral cavity and the maxillary sinus has been surgically closed, please do not blow your nose for following two weeks!
- After eating, rinse your mouth briefly with clear water or with a mouth wash solution that may have been prescribed for you. Frequent rinsing disturbs the healing process and may trigger wounds to bleed.
- Please protect the wound from stress. Nevertheless, brush your teeth regularly and gently.
- Please be sure to comply with all notified follow-up appointments.
- The medications (especially those employed for local anesthesia) that are given to you before and during surgical treatment may affect your responsiveness in road traffic. For this reason, do not drive a motor vehicle including a motorcycle or e-scooter within the next few hours after surgery. If you have been prescribed medications, please adhere strictly to the instructions. In particular, when taking painkillers you must pay attention to the actual prescribed dose. Do not take any additional medication at your discretion, but only as prescribed by your doctor or dental surgeon.

If you need help off-time of our normal opening hours of the dental clinic, please contact our on-call service. The on-call duty phone number is

phone number will be provided at the reception

Please note that the on-call service is only available for post-surgical care of our patients. Regular appointments can be arranged under the phone number 06221 7550768 or online at www.zahnmedizin-mitte.de

We wish get well soon!