



MODERNE ZAHNMEDIZIN

**DR. BUTZ & PARTNER**

IN DEN FÜNF HÖFEN



## Correct behaviour after receiving surgical treatment

### What to keep in mind after the operation

- » Please adhere to the following instructions on how to behave during the first days after the surgical procedure. In the unlikely event of complications, we want to be able to help you quickly and effectively. For this purpose, you have received our office's emergency telephone number, where you can reach us 24/7, including on weekends.
- » Please note that you may not be able to drive a vehicle after undergoing surgery. If you have been given an anaesthesia, you require an assistant to see you home safely.

### How to reduce bleeding

- » You will normally leave our office with a swab covering your wound. To stop the bleeding, you should bite down on this swab for roughly 30 minutes. If the bleeding has not stopped after this period of time, apply pressure to the wound for another 30 minutes. For this purpose, you can find fresh sterile swabs in the bag you have received from us.
- » Please take one of the painkilling tablets that you have been given and/or prescribed by us before the anaesthesia wears off completely.
- » Some swelling and pain after a surgery are normal and unproblematic as long as you don't have a high fever (38.5 degrees Celsius and above) or experience trouble swallowing.
- » In the event of heavy secondary bleeding or unusually severe pain, including if these symptoms occur after one or two days, please contact us immediately.
- » You should avoid pain relievers containing acetylsalicylic acid (e.g. Aspirin) due to their blood-thinning effects. Other painkillers can be taken in due consideration of any intolerances that you might have. Do not hesitate to talk to us, we are happy to provide you with professional advice!



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### Cooling

- » After the procedure, the affected area should be cooled. For this, you have received a cooling gel pack from us. You can also use a wet cloth.
- » Cool for ten minutes, then pause for ten minutes, alternating between the two for a total period of two to three hours. In individual cases, a longer cooling period might be advisable. We will be happy to inform you about this. In addition, avoid unnecessary exposure to warmth during the first days, like direct sunlight or visiting a sauna.

### Do not stimulate your blood circulation

- » To keep your blood pressure from rising, you should not drink alcohol, coffee or black tea during the first 24 hours after the surgery. If possible, do not smoke for a few days. This will raise your chance of a better healing significantly. Do not work out or engage in any kind of physical work or exercise. During the night, we recommend that you place your head in a slightly elevated position, e.g. using an additional pillow.

### Eating and drinking

- » You should not eat food or drink hot beverages as long as the anaesthesia is still effective. It is very easy to bite your lip or the inside of your cheek or to burn your tongue in this state. Furthermore, it is generally advisable to avoid hot or hard to chew food for three days so as not to hinder the healing process or risk damaging any sutures.

### Oral hygiene and rinsing

- » After a surgical intervention, you should clean your teeth as usual, but with increased caution for the wound and sutures. For this purpose, you have received a particularly soft-bristled toothbrush and a specific mouthwash.

### Don't forget your follow-up examination

- » Please see us again at the appointed date so we can check the wound for any problems. Any sutures will usually be removed after about ten days.