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Specialist for Implantology

Suggestions for Conduct Following Surgical Procedures of the Mouth, Jaw and Facial Regions

Anesthesia:

After local anesthesia and the stress of a surgical procedure, your reaction time – in particular, as it relates to operating a motor vehicle – can be impaired for several hours. You should designate someone to drive you home.

Hemorrhaging:

In order to protect the wound and to ensure undisturbed initial coagulation, please bite down on the gauze, which has been placed, for the first hour post-surgery. This should be removed after you return home. Should unexpected secondary bleeding occur, please again bite down on one of the spare gauze, that I provided you, for one hour. Avoid increased washing of your mouth on the day of surgery.

Pain:

As the effect of local anesthesia subsides following the procedure, wound pain has to be expected. At the first sign of pain, or better still, on arrival at home, take one of the prescribed pain pills. These tablets' typically last four to five hours and should be taken in these intervals or as needed. Please always be aware of the maximum dosage.

Nutritional Intake:

Until the effect of the anesthesia has subsided (approx. two to four hours after surgery), please do not eat so as to avoid the danger of injury. The consumption of soft foods during the first postoperative days reduces wound pain and is conducive to a speedier healing process. During the first 24 postoperative hours, you should not consume alcohol, coffee, cola or black tea. Smoking during the first postoperative days interferes with wound healing and promotes infections.

Swelling:

Swelling is always an after effect of surgical procedures. Therefore, keep the surgical area cooled with a cold wrap or cold bottle for the first three postoperative days. Very pronounced swelling in the jaw region, or in particular, in the eye region, is normal and should not be reason for concern. The recession of swelling begins on the third postoperative day. Please avoid physical exertion during the initial postoperative days. Avoid the sauna and solarium as well during the first three postoperative days.

Oral Hygiene:

In order to avoid wound infections, normal oral and tooth hygiene has to be practiced. Should opening the mouth be slightly restricted after treatment, this is not a cause for concern. You can wash out your mouth with mouthwash (Hexoral), a chamomile solution or saltwater after meals.

Follow-up Treatment:

Have a follow-up examination performed by me or your physician or dentist three to four days postoperative and have the sutures removed after a total of seven days, unless otherwise discussed.

At our practice

At your dentist

First follow up on: _____

Second follow up and suture removal on: _____ or suture removal on: _____

Complications:

In the event of infection, pulsating pain and increased swelling after the third postoperative day, please contact me at my cell number: 0172-8244036. Should I briefly not be reachable, please leave me a message on my voice mail.

Get Well Soon!