DR. KEVIN DAUTER | DR. FRIEDERIKE DAUTER

YOUR SPECIALISTS FOR
ORAL AND MAXILLOFACIAL SURGERY
AND IMPLANTOLOGY

PRAXIS
IM MERKURHAUS

Information sheet

What you should consider before and after a surgery in the oral cavity

TO BE CONSIDERED BEFORE THE SURGERY:

- Please **brush your teeth**
- Do **not smoke** on the day of the surgery
- Avoid analgesics containing **acetylsalicylic acid** (ASA)
- Please **eat and drink** enough before the surgery **(no coffee)**

TO BE CONSIDERED AFTER THE SURGERY:

- **Cool** the affected region from the outside (avoid direct skin contact with an ice pack)
- After the **anesthetic** (injection) has worn off (2-5 hours), you may eat and drink again
- We recommend a **liquid/mash diet** for the first 2 - 7 days, see also: http://kieferbruchrezepte.blogspot.com
- In case of more severe **post-operative bleeding**, please bite on a swab or a rolled-up handkerchief
- Physical exertion (e.g. heavy lifting, sports), sauna visits and sunbathing should be avoided for **up to 2 weeks** after the surgery
- Please do not take drinks and food through a **straw**
- Please take the **prescribed medication** as medically advised
- After operations with local anesthesia, the **driving ability is limited**
- If the maxillary sinus has been opened as a result of the operation, you are **not allowed to blow your nose** for 10 days. When sneezing, please let the pressure escape through the open mouth.
- **Good oral hygiene** is a prerequisite for rapid wound healing. Please brush your teeth thoroughly with a soft toothbrush 3 times a day, avoiding only the wound area. Please **do not smoke** until your stitches have been removed.
- Rinse with **Chlorhexamed solution** (available without prescription at the pharmacy) 2 x daily for max. 7 days
- Please **do not use oral irrigators** until the sutures have been removed
- **Pain** after surgery during the swelling phase is normal. The swelling increases during the first 3-4 days and then slowly decreases
- **Certificates of incapacity for work** may not be issued retrospectively. If you do not feel able to work at the end of your sick leave, please contact us!
- Please remove any **compresses and bite swabs** after 1 hour
- Please leave **drainage tubes** in place

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