



Behavior after surgical intervention in the oral cavity

Participation in traffic:

After treatment or procedures with general anesthesia or sedation, treatment or procedures with local anesthetics or if you are taking various painkillers, don't participate in road traffic on the same day (e.g., but not limited to driving a car, a bicycle, scooter, etc.).

Food intake:

To avoid accidental bite injuries (e.g. tongue), you are advised to not eat anything as long as local anesthesia lasts, what is usually postoperatively for two hours. Don't drink anything hot to avoid getting burned or scalded. Do not drink coffee, black tea or raw milk products on the same day of the treatment and on the following two days.

Mouth and wound care:

After surgery the mouth should be rinsed carefully within the following 24 hours, afterwards with cold chamomile tea or water after each meal (alternatively, dimed mouthwash solutions such as Chlorhexamed, Meridol)

Caution: Don't rinse your mouth excessively in the initial postoperative phase otherwise the wound may start bleeding again. Clean your teeth as usual with a toothbrush (electric), but don't get too close to the area of the wound in order to prevent an increased risk of infection by the accumulation of bacteria or plaque.

Swelling:

Postoperatively the side of the face affected by the surgery might swell, there might be hematoma and you might have difficulties to open your mouth. The swelling usually reaches its peak on the second day following the operation and is usually harmless. **The affected areas should be cooled immediately after surgery (e.g. cooling compress or wet washcloth).** Avoid direct skin contact with freezing or cooling items. Continue cooling for two days. Sun and overheating of the skin (e.g. Sauna, Solarium, Sports) should be avoided for at least ten days after the surgery. Taking of enzyme preparations such as Wobenzym®, Phlogenzym® or Bromelain®, as well as Globules preoperatively can reduce the extent of swelling.

Pain:

After the local anesthetic has worn off, you may feel postoperative wound pain. Painkillers taken approximately one hour postoperatively, usually have an analgesic effect. In respect to the taking of painkillers, please follow the instructions of your physician and read carefully the relevant instructions! Please further note that the tolerability of medications is usually better if they are either taken with meals, or if a gastric protector like Omni Biotic® is taken before. Painkillers containing acetylsalicylic acid, such as Aspirin® or Dolomo®, should not be taken on a permanent basis because of their blood thinning effect that increases the risk of bleeding.

Bleeding:

The bite swab placed on the wound serves to compress the wound and should be removed only after approximately one hour. If bleeding continues after removing the swab, place a new swab or a rolled-up clean cloth handkerchief onto the wound, which should then be compressed for a further hour with firm chewing pressure. In the case of continuing bleeding, avoid rinsing the mouth.

Contact us immediately, if

- swelling does not go down or continues to swell beyond the second postoperative day
- possible problems with the mouth opening increase and there are more severe swallowing difficulties
- there is foul tasting or smelling secretion from the wound area
- a persistent postoperative bleeding discolored saliva occurs (it is possible but usually harmless) until the suture is removed
- you have symptoms of drug intolerance (e.g. appearance of skin rash), especially after taking antibiotics