

## Post-operative instructions

The following instructions have been written in order to help in the post-operative period. If you follow them correctly, your rehabilitation will be smoother.

1. After a surgery (ex. tooth extraction) it is normal sometimes for an edema (swelling) to be created in the region of the face, while sometimes bruises can appear on the skin. Place immediately after the surgery a cold (not ice) compress in the region for 10 minutes and repeat those placements every 20 minutes for the first 24-48 hours in order to reduce the swelling to the minimum. The maximum swelling is usually created 48-72 hours after the surgery. The edema can persist for 7 to 10 days. If the swelling recedes and afterwards reoccurs, you must contact our dental office.
2. For the first 2 days you must follow a light diet (ex. soup, jelly, juices etc.) and gradually proceed to a more normal diet. Avoid hot food and beverages. Do not use straws in the first day, since they tend to cause haemorrhage. Drink a lot of fluids.
3. Rest for the rest of the day after the surgery, avoiding bending your head.
4. Avoid smoking. Smoking delays the healing of the wound and causes uncomfourt.
5. The slight haemorrhage (pink saliva) is normal for the first 24-48 hours. If the haemorrhage is more intense, use folded gauzes and bite them tightly and firmly in the area of the haemorrhage for 45 minutes. Neither collect nor excrete your saliva during the day after surgery since it can cause haemorrhage.
6. The gentle brushing of the teeth concerning this area can start from the next day after the surgery.
7. It is important to maintain your mouth clean. Start your oral hygiene from the day before the surgery by applying chlorhexidine gel in the region topically.
8. Follow correctly the medications prescribed for pain/ irritation relief.
9. Our dental office will be in contact to control the post-operative course during the healing process.
10. In cases we have used sutures for the healing, they should be removed 10-12 days after the operation (unless they are absorbable and they will "fall" on their own).
11. For any question regarding your operation, contact our dental office. Contact phones 2310344968, 6945859870 as well as in the e-mail address: [info@odontiatriko-kentro.gr](mailto:info@odontiatriko-kentro.gr)

**GOOD RECOVERY!**