

# Rules for postoperative behaviour after your surgical intervention

Dear patient,

The following are some rules of conduct for the time after your discharge:

## Cooling:

In the first 24-48 hours, the cold packs provided help to prevent excessive swelling and should therefore be used consistently.

## Head Position:

During the first week after the procedure, the head end of the bed should be raised slightly at night or a second pillow should be used for sleeping to also prevent excessive swelling.

## Swelling:

Swelling and the formation of bruises (haematomas) is something very individual and cannot be completely avoided despite all precautionary measures. They typically reach their maximum on the third day before gradually decreasing.

## Nutrition:

As soon as the effect of the local anaesthetic wears off, eating and drinking is possible again according to the level of discomfort. It is advisable to start with soft or even liquid food that is not too hot or too spicy to avoid unnecessary pain.

## Oral Care:

Dental care should be resumed as early as possible on the evening of the day of the operation, as good oral hygiene supports wound healing. As far as the mouth opening allows, the accessible areas should be cleaned carefully with a soft toothbrush and mild toothpaste.

## Mouth Rinse:

The mouth rinse given helps to reduce the number of germs in the mouth and prevent infection. It should therefore be used for 60 seconds in the morning and evening until the stitches in the mouth are removed.



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### Smoking:

In the first two weeks after the procedure, you should also refrain from consuming nicotine in any form, as this significantly increases the risk of circulatory and wound healing problems.

### Sport:

In the first two weeks after the surgical intervention, sporting activity or major physical exertion should be avoided completely, as this can maintain the swelling and significantly increase the risk of post-operative bleeding.

### Pain Relief:

The pain that occurs should be treatable with the painkillers given in such a way that it is bearable. If both, the basic medication and the first and second reserve medication are not sufficiently effective, please consult us.

### Bleeding:

Small bleedings are almost unavoidable and are not an expression of a dangerous event. In these situations, it is crucial NOT to rinse the mouth with water, as this may increase the bleeding. With the help of the gauze swabs, some pressure should be applied to the bleeding area and immediately cooled with the cold pack. As a rule, the bleeding is stopped after 20 minutes at the latest and only then a short rinsing of the mouth is allowed.

### Important:

Should an unstoppable bleeding or other significant complication occur, we are always available for you. Please contact us by calling our practice number +41 43 336 72 72.

Outside our opening hours, please listen to message on our voicemail until the end.

Thank you,

Your practice Dr. Dr. Daniel Brusco



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