

Post Surgery Instructions



Dear patient,

The important information below will assist you in the healing process following your outpatient surgery:

1. Cold compresses may be used to prevent swelling, but avoid direct contact of the compress to the skin. Wrap the compress in a moistened dish towel or thin cotton cloth first before applying to the affected area.
2. Do not eat or drink until the local anesthesia has worn off. Avoid hot or very cold food or drinks. Avoid coffee, tea, alcohol and nicotine for at least one week following surgery.
3. Eat soft foods to prevent bleeding or injury to the affected area.
4. Elevate the upper part of your body to help prevent post-surgery bleeding.
5. It takes time to heal...please avoid any strenuous physical activity for several days following surgery.
6. Take the prescribed painkillers if needed. Always use the correct dosage within the given time period.
7. Anesthesia can impair your responsiveness. Patients given local anesthesia must wait one hour following surgery before they can drive. Patients given general anesthesia should not drive the day of their surgery and must have a family member or friend take them home.
8. Hygiene is very important. Clean your teeth and around the affected area but avoid direct contact with the wound. A protective blood clot will form and should not be irritated. You can use chamomile tea, sage tea or medical mouthwash to aid in the healing process.
9. Surgeries involving the jaw take about six weeks to heal. Avoid contact sports or activities that can result in a blow to the face or jaw during this time. Patients with surgeries involving the sinuses should refrain from blowing their nose for 1-2 weeks following their operation.
10. Protect any facial wounds or stitches from water or rubbing during the first few days after surgery. Use light pressure when cleaning around the affected area.
11. Remove the small piece of cotton 20 minutes following surgery. If bleeding continues, roll up a moistened cotton cloth, apply it to the affected area and then bite down and hold for 5-10 minutes. If the bleeding persists or the swelling does not decrease after 3 days (or increases) please call us.
12. It is very important with all surgeries that you are careful and avoid disturbing the wound for 2-3 days following your operation.
13. If necessary, you can call the doctor on duty using the following number:
07031-75577-55

With the best wishes for your health,
Your Praxisklinik Team