

We wish you a quick and painless recovery from your operation and look forward to seeing you again soon for your post-operative checkup.

For further information see:
www.zasch.ch



Client Information Brochure

After the Operation

What to do after a surgical
operation in the mouth



Zahnarzt am Schwanenplatz GmbH
Dr. med. dent. Claude & Andrea Rast
Gerbergasse 1
CH-6004 Luzern

Telephone: +41 41 410 14 84
E-Mail: info@zasch.ch
Website: www.zasch.ch

You have had a surgical operation. To minimise pain, ensure an optimal healing of the wound, and avoid possible complications, please follow these instructions carefully.

- 1** For the first 30 minutes after the operation, bite on the surgical swab that the doctor has placed on the wound to stop bleeding. After that remove and discard the swab.
- 2** If there is any further light bleeding in the next half-hour, bite on a fresh swab or a clean cotton handkerchief. If this does not bring the bleeding under control, please contact us without delay.
- 3** For the next one or two days apply cold packs to the face in the area of the wound at least hourly, refreshing them regularly.
For the first two or three days after the operation avoid becoming too warm and do not go out in the sun.

4 Do not rinse your mouth on the day of the operation. On subsequent days rinse with the prescribed mouthwash.

5 Take any medicines prescribed by Dr. Claude Rast. Antibiotics must normally be taken until fully used up. If you experience any adverse reaction such as skin rash, itching, or diarrhoea, **stop taking the medicine and contact us without delay.**

6 Continue with your normal teeth cleaning and dental hygiene, but avoid the area of the wound until you have had your first post-operative check-up. Thereafter clean the wound area gently with a soft toothbrush. Never touch the wound with your hands.

7 As far as possible, avoid speaking and physical exertion for the first one or two days after the operation. For the first two days after the operation do not lie flat: sleep with your head raised and do not rest your head on the side of the operation.

8 For seven days after the operation do not smoke and do not consume alcohol or coffee.

9 As long as the wound is tender try to eat only soft food. Do not eat anything before the anaesthetic has worn off.

- 10** For several days you may experience any of the following symptoms:
- pain in the wound
 - swelling of the lips or the cheeks as far up as the eyes
 - difficulty in opening your mouth
 - difficulty in swallowing
 - bruising or spread of blood in the tissues around the wound (haematoma)
 - increased sensitivity in the necks of the teeth.

From about the third day after the operation swelling should begin to go down. If you still experience difficulty in swallowing, or have a temperature or increased difficulty in opening your mouth, please contact us without delay.

11 You may have a temperature of up to 38.5 degrees Celsius. If your temperature goes above 38.5 degrees please contact us without delay.