



**PATIENT INFORMATION**  
**Post-Dental Surgery Instructions**

Dear Patient!

In this leaflet, we have summarized the most important information regarding post-dental surgery care. If you have any further questions, please do not hesitate to contact our staff!

In the next few days following surgical procedure, the area might swell up and you might feel pain. Sometimes you can experience limited mouth opening or slightly increased temperature.

- **Do not eat for 3-4 hours following** surgical procedure (wait till the numbness wears off). You can drink anytime, though you might find it difficult because of the numbness of the lips.
- **Consuming coffee, milk, or egg-containing food/beverages is not recommended for 3-4 days!**
- Try to eat on the other side.
- **In order to avoid infection and bleeding, do not smoke or drink alcohol until the stitches are removed.**
- **Keep oral hygiene on top!** Brush your teeth with a soft brush. Use mouthwash for a few days, starting from the following day of the surgery.
- **Put some ice pack on your face (outside)** on the day of the surgery. **Remove the ice pack every 10 minutes and give the area a 10-minute break each time** to avoid freezing of the skin.
- **Do not spit or rinse for 24 hours!**
- **Avoid physical activities and sports until the stitches are removed!**
- **Take your medicines following your doctor's instructions.**
- **Stitches removal usually takes place 1 week after surgery.**
- **Do not put any pressure on your sinus following surgical closure of sinus opening!** Try to blow your nose or sneeze with an open mouth. Stitches removal follows in **10-14 days after** this type of surgery.

**WE WISH YOU AN UNEVENTFUL AND SPEEDY RECOVERY!**