

DOs and DON'Ts after the operation

Things you should pay attention to after undergoing an operation:

1. Don't eat anything before the anesthesia wears off.
2. Don't rinse your mouth or drink until at least two hours after the operation.
3. Please avoid coffee, tea (black), alcohol, heat (sauna, sunbathing) and strenuous physical activity within the next 5-7 days.
4. Please don't smoke, since nicotine delays the natural healing process.
5. Small amounts of bleeding are normal. One drop of blood mixed in with saliva can look like a mouthful of blood.
6. Only apply cold for the first hours after the operation. Don't leave the cooling pack on the area for longer than half a minute in order not to create undercooling. It is best to cool several times for shorter periods.
7. Try to sit upright after the operation if possible – the naturally occurring swelling will be less severe.
8. Try not to eat dairy products with bacterial cultures (e.g. yoghurt). The lactic bacteria contained in it can lead to problems with the healing of the wound.
9. Please call us should you experience unexpected strong discomfort.

The entire staff wishes you a speedy recovery!