

## Recommendations for behaviour before and after surgical interventions in the oral cavity

Dear Patient

You will undergo a surgical intervention in the oral cavity at our clinic. In order to achieve the best possible and pain-free healing process, we ask you to obey the following recommendations.

Before the operation:

1. Do **NOT** come to the appointment without having had a meal, keep to your eating habits.
2. We strongly advise not to drive a vehicle yourself on the day of the surgery. Use public transport or come to the appointment accompanied.
3. During the intervention you may listen to our background music. If you want to listen to your own music, please bring your own player with small earphones (Note: no internet connection in the operating room area).
4. As the surgery takes place in a sterile environment, your face will be disinfected beforehand. Therefore, we ask you to use only some make-up, if any at all. You will also change clothes and wear a hospital gown only.

After the operation:

1. Plan to rest after the surgery, avoid physical strain. During the day, a seated posture reduces swelling, at night a slightly elevated headrest (e.g. 1 to max. 2 pillows) is sufficient.
2. Cooling compresses with Cold-Hot Pack or moist-cold compresses (ice pack/tap water) reduce the postoperative pain as well as the swelling during the first 48 hours.
3. Avoid hot food and drinks for the first two to three hours after surgery. Depending on swelling, we recommend to eat soft food for the first one to two days, then you may return to your normal diet.
4. Tooth brushing is possible as usual. Be cautious though in the operated area.
5. Avoid alcohol and nicotine as this severely inhibits the healing process!!!
6. Do take the pills received/prescribed according to the prescription. They not only relieve pain but also reduce swelling. Any personal medication should be taken as usual before the operation. If in doubt, please ask.



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