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Patient Advice after Oral Surgery

Am I allowed to eat before the surgery?

Yes. You may eat before the surgery.

Am I allowed to drive?

No! Do not attempt to drive after surgery! The anaesthetic and the infusion considerably reduce your response time. Please get someone to collect you or take a taxi.

Can I wear contact lenses?

Preferably not, because certain hard contact lenses can slip during the surgery.

How should I conduct myself after the surgery?

The best thing is to leave everything alone, i.e. do not touch the wound with your fingers or play with it with your tongue. In order for the wound to close and be protected from bacteria, a blood clot – similar to a scab on the skin – has to form. Avoid speaking after the surgery (e.g. talking on the phone). Avoid all physical exertion for about one week. Don't lift any heavy weights and don't do exercises that involve any pressure, like bodybuilding. Abstain from any sports.

Am I allowed to wash my mouth?

You may not wash your mouth on the day of your surgery!

Please begin to use the prescribed mouthwash carefully on the day after the operation. Otherwise the blood clot could loosen and disrupt the healing process. Also, don't overdo rinsing your mouth over the next couple of days.

How long will the wound bleed?

Directly after surgery, there won't be any bleeding. As soon as the anaesthetic begins to wear off, the blood vessels dilate, and light bleeding may occur. Please continue to bite on the swab to avoid this. During many procedures, a surgical drain is sewn into the wound to help draining out wound fluids and residual blood. We remove this drain on the day after the surgery or on the second day after. Since the wound is well-stitched, no post-surgery bleeding should occur. However, if you experience post-surgery bleeding, please bite on a clean, rolled-up handkerchief, a sterile gauze bandage or a swab obtained from us. After an hour, bleeding will subside considerably. If it does not stop, please do not hesitate to phone us immediately.

When can I take the swab out?

Bite on the swab until the anaesthetic has fully worn off (about 2-3 hours after surgery). If the swab sticks to the wound, please rinse your mouth with a sip of water before removing it.

What are the band aids in my face for?

In cases of more extensive surgery, we put special **physio tapes** on your face. **Please leave them on, ideally for 3 days.** The tapes may get wet, so washing your face is no problem. They serve to immobilize your facial muscles to a certain extent, plus they counteract swelling.

When can I drink again and what?

You may drink something as soon as the anaesthetic has almost completely worn off.

Drinks may not be too hot.

Don't drink milk on the first two days after surgery. Avoid strong coffee on the first two days after surgery. **Coffee** stimulates blood circulation and increases the risk of post-surgery bleeding. Don't drink alcohol, at least not on the first day after surgery, as it widens blood vessels and increases the risk of post-surgery bleeding.

When can I eat again and what?

You may eat again as soon as the anaesthetic has completely worn off. On the day of your surgery, eat only clear soup, please. Over the next few days, adhere to soft or paste-like foods that are neither too hot nor too spicy. If only one side has been operated on, chew on the other side as far as possible.

When can I brush my teeth again?

Do not brush your teeth on the day of the surgery. The next day you may brush the surrounding teeth as usual, but please avoid the wound and the stitched area. The formation of plaque will be almost totally avoided by using the disinfecting mouthwash.

Am I allowed to smoke?

No! Smoking is toxic, i.e. poisonous, for the wound. It constricts blood vessels and impairs circulation. Please abstain from smoking on the first three days, and ideally for as long as possible. In any case, cut back on tobacco consumption until the stitches have been removed.

Should I cool the area?

Yes, please. Cool the operated area with a cool pack or a damp wash cloth for the next 2-3 days as much as possible. **A certain amount of swelling after the surgery is normal. Swelling will increase until the third day after surgery and then begins to subside.** By no means apply warmth!

Am I allowed to stay in the sun?

Please avoid any exposure to sunlight, as it increases post-surgery swelling. Do not visit the sauna for at least one week.

We wish you a speedy recovery!

Dr. Ulrich Konter, Dr. Imke Konter, Dr. Dr. Stefan Kanehl & Team