






POST-OPERATIVE INSTRUCTIONS AFTER ORAL SURGERY

Your procedure has been successfully completed.




Please follow the instructions below for smooth healing and optimal recovery.

BLEEDING

Mild bleeding is normal.



-  Place a clean gauze pad over the area and bite gently for 30 minutes.
 -  If bleeding continues, replace the gauze and repeat.
 -  During the first 24 hours, do not spit forcefully, rinse vigorously, or suck on the wound area.
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REST

-  Rest for 1–2 days.
 -  Avoid intense physical activity.
 -  Sleep with your head slightly elevated the first night.
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PAIN

Mild to moderate discomfort is expected.


-  Take the prescribed pain medication as instructed.
 -  If pain worsens after the second day, please contact us.
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SWELLING

Swelling is normal and usually peaks within the first 48 hours.


 Apply a cold pack externally:

2 minutes on – 1 minute off, repeating for about 20–30 minutes at a time during the first day.

 If swelling does not improve after the fourth day, inform us.

FEVER

A slight increase in temperature may occur.


 If fever persists or rises, please contact us.


LIMITED MOUTH OPENING


Temporary difficulty opening the mouth may occur.

 Gently practice opening your mouth a little more each day.

ORAL HYGIENE

 Brush your teeth normally, avoiding the surgical area on the first day.


 From the second day, rinse gently with lukewarm chamomile tea or saltwater 3–4 times daily for one week.

 After the fourth day, carefully clean the surgical area as well.

DIET

 Day 1: Cold and soft liquids (yogurt, milk, juices).

 Days 2–3: Soft foods at room temperature.




 Afterwards: Resume normal diet, avoiding chewing on the treated side.


 Avoid very hot, spicy, or hard foods during the first days.


SUTURES


 Sutures will be removed after 7 days (if non-absorbable).

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 24 hours by your side

 **WE ARE HERE FOR YOU**




If anything concerns you,


 please contact us. We will evaluate it together with care and reassurance.


Communication is part of our care.


 Your comfort and proper healing are our priority.

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