

Postoperative management

Code of conduct after an operation

Dear patient

The postoperative treatment success can be influenced by the behavior of the patient. In order to guarantee a desired outcome, it is necessary to call your attention to some post-operative rules of conduct.

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General behavior measures:

- For prevention / attenuation of soft tissue swelling, we recommend a cooling for the first three days after the procedure (cold compress)
- You also avoid the effect of heat (e.g. direct sunlight)
- If, after the operation, secondary bleeding occur, we recommend the following : Model of gauze or cloth (no tissue) and a " bite swab " , place it on the wound and bite together for 30 minutes .
- Avoid in the first three days after surgery, any kind of physical exertion, especially activities with a head-down position
- If necessary, take your prescribed painkillers (ibuprofen 600 mg) according to the dosage specified by the doctor

Specific behavioral measures:

nutrition:

- As long as the local anesthetic is still working (at least two hours after the procedure) you should not eat in order to prevent injuries due to the feeling of restriction.
- Please do not enjoy caffeinated (coffee, tea) avoid, hot and alcoholic beverages to reduce the risk of re-bleeding
- for the first 2 days we recommend you taking soft food (mixed soups, vegetables, etc),

Oral hygiene :

- The first dental cleaning should take place on the evening of surgery after the last meal
- From the next day you can gently brush your teeth after every meal and rinse with water, dilute chamomile solution or a prescribed disinfectant.

Road traffic and work efficiency:

- Due to the temporary reduced responsiveness (at least two hours) after local anesthesia to avoid active participation in the road (do not drive yourself)
- please arrange to be picked up by a family member or a friend

If you have persistent severe wound pain, severe swelling, difficult in opening the mouth, difficulty in swallowing or you are concerned about the progress of wound healing, please contact our practice team.

Outside of practice hours you can reach us

In urgent emergencies under the phone number 015159018476

Our practice team wishes you a speedy recovery and symptom-free