
INSTRUCTIONS AFTER INTERVENTIONS IN THE ORAL CAVITY

Smoking

Do not smoke. It slows down the healing process and irritates the operated areas

Swelling

Post-operative swelling occurs after most oral procedures or extractions. Apply ice to the operated area to reduce swelling. Apply an ice pack for 20 minutes, remove it for 20 minutes and continue at this rate for the first few hours after surgery.

Diet

Follow a soft diet until the day of suture removal. You can eat anything except small hard pieces such as toast, nuts, as long as you chew on the opposite side of the operation. Drink plenty of fluids and limit alcohol use.

Oral hygiene

The day after surgery, start chlorhexidine washes 2 times a day (Plak-out, chlorohex, Plac control, Eludril) for 7-14 days.

Pain management

You will feel pain for the first few days after surgery. Use the pain relievers recommended by your dentist. Usually, Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are sufficient to treat the pain. Avoid aspirin as it can interfere with the clotting process and cause bleeding. If you are given narcotic pain relievers (eg Lonarid), do not drive or operate machinery while under the influence. An increase in pain after the 3rd day is not expected. If pain persists despite medication, contact your doctor.

Antibiotic Treatment

If you have been prescribed antibiotics, take them exactly as directed and for the length of time recommended by your dentist. CAUTION is needed if you are on contraceptive pills, as the effectiveness may be reduced and you may need an additional contraceptive method.

Bleeding

If you bleed in the first few days, don't worry. Avoid alcohol and hot drinks and foods. When you are bleeding, do not rinse your mouth. Moisten a gauze pad or tea bag with some warm water, place it on the area and hold it firmly for 30 minutes. Try not to lie down for a while, don't spit and put ice on the outside. Contact your dentist if you are still bleeding 2 days after surgery.

Numbness

Local anesthetics are active for 24-48 hours. If you experience numbness beyond this period, notify your doctor.

Physical Activity

Limit your physical activity and heavy exercise for 7 days.

Stitch Removal

Your doctor has placed stitches that will either be absorbed in 2-3 weeks or you will be asked to return to the office to have them removed.


Πληροφορίες Ιατρών

Δρ. Γεώργιος Κούκος

Δρ. Γεωργία Μαλαμούδη

Πληροφορίες Ιατρείου

 2294 079 149

 24ο χλμ Λεωφόρου Μαραθώνος,
Ραφήνα, Αττική



PerioProject.gr

perioprojectclinic@gmail.com