

# Guidance and Instructions after Dental Surgery

After a surgery operation in the oral cavity the patient has to observe certain rules so as to speed up the healing process and avoid possible complications.

- On the day of the operation do not rinse your mouth with anything. Saliva and blood should be spit out only.
- After the operation start to cool your face externally as soon as possible. Ice should be applied onto your face covered in a piece of tissue only, never directly on the skin. Intervals of cooling: 10-15 min cooling, 10-15 min relaxation. Keep on cooling for 3 days.
- Observe dental hygiene rules (brush your teeth at least twice a day)
- Use pain killers if necessary (brands in the Czech Republic: Ibalgin, Paralen, Baletil, Ketonal)
- If the doctor prescribes antibiotics, you should use up the whole pack. Follow the dosage prescribed by the doctor.
- The swelling may increase during the first three days.
- Eat soupy, mushy food, non-irritating food.
- The next day after the operation start to rinse your mouth with chamomile or sage infusion to speed up the healing process.
- If you feel unwell, go to see the doctor even before the appointment stipulated by the doctor.