



Post operative care instructions after oral surgery

1. Clinic number: +44 (0) 2037457455

2. Keep physical activities to a minimum during the day of surgery.

(ticked boxes apply)

- Bite the gauze pad firmly for 30 minutes
- Cool the area/areas (10 min - 5 min break - 10 min - 5 min break, etc.)
- Oral rinse with mouthwash (Chlorhexamed (CHX/Corsodyl), 2-3 times daily (CHX works for 7 hours, so don't use it more often than 2-3 times)
- Antibiotics as prescribed, take 1 tablet 3 times daily (Amoxicillin/in case Penicillin allergy take Clindamycin)
- Pain medication (1 tablet every 4 hours Ibuprofen 600 mg, drink sufficiently especially if problems with kidneys are known)
- Further pain medication if necessary
(1 tablet every 4 hours Paracetamol 500 mg)
- No brushing teeth in the surgical area/areas
- Keep your head elevated, even when sleeping, protect pillow with towel
- Soft food for ____ days
- Please don't blow your nose in case you had treatment in the upper jaw
- Please avoid the following for ____ days:
 1. SMOKING!
 2. Alcohol, fresh fruit juices, coffee, tea, milk products
 3. Extensive exposure to sunlight and any other sources of heat
 4. Sports activities

We wish you a prompt recovery!