

DAI di Chirurgia Specialistica – Direttore: Prof. Roberto Di Lenarda

S.C. Clinica di Chirurgia Maxillofacciale e Odontostomatologia – Direttore: Prof. Roberto Di Lenarda

INSTRUCTIONS AFTER ORAL SURGERY

1. WOUND CARE

- Compress the wound with gauze for about 10 minutes.
- Do not smoke for at least 24 hours after surgery.

2. BLEEDING

- Slight bleeding is normal.
- Avoid vigorously rinsing your mouth in the first days after surgery.
- If the wound starts to bleed again, place a moistened gauze over it and compress for 30 minutes.
- Apply ice to the cheek for a few hours (20 minutes yes and 20 minutes no) at the surgery site.

3. PAIN

- A modest pain is normal after surgery.
- At the first symptoms, take the painkiller as prescribed by your doctor.
- Continue the usual therapy unless otherwise indicated by your doctor, including aspirin or medicines that contain acetyl salicylic acid. If you need painkillers, take the medicines prescribed by the dentist and in any case prefer medicines not based on acetyl salicylic acid.

4. SWELLING

- Swelling after surgery is normal. It reaches its maximum in the 2nd and 3rd day. In order to reduce swelling:
 - apply ice in the first hours after surgery (20 minutes yes and 20 minutes no);
 - perform hot-moist compresses starting from the 4th day after surgery.

5. ORAL HYGIENE

- Do not rinse your mouth or brush your teeth for 8 hours after surgery.
- After each meal, brush normally all areas of the mouth, except the surgery site.
- Gently brush the surgery site.
- Keep chlorhexidine-based mouthwash at the wound site for 2 minutes, 3 times a day for 8 days (EburOs, Plak-out 0.12, Dentosan, Corsodyl).

6. FOOD

- For 2-3 days, eat soft and not too hot foods.

7. REST

- Do not drive on the day of surgery.

8. STITCHES

- Stitches are removed 7 days after surgery (unless otherwise specified).

In case of problems, please call the following phone numbers:

Surgery Clinic

040 399 2020 (Monday - Friday, 8.00 - 14.00)

Head nurse

040 399 2254 (Monday - Friday, 8.00 - 14.00)

E-MAIL address

stomchir@asuits.sanita.fvg.it

SEDE LEGALE ASUGI:

Via Costantino Costantinides, 2

34128 Trieste (TS)

Centralino: 040 3991111

Fax: 040 3997189

C.F. e P. IVA 01337320327

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