

## POST-OPERATIVE RECCOMENDATIONS

### BEFORE THE SURGERY

- Please brush your teeht
- Do not smoke on the day of the surgery
- Avoid analgesics containing acetylsalicylic acid / aspirin (ASS)
- Please eat and drink enough before the surgery (no coffee)

### AFTER THE SURGERY

- Cool the affected area externally with an ice pack for at least 24 hours (avoid direct skin contact).
- You may eat once the anesthetic injection has worn off, which typically takes 2-5 hours.
- We recommend soft foods (mashed potatoes/pasta) for the first 2-7 days.
- For significant bleeding, bite on a gauze or a rolled handkerchief.
- Avoid physical effort(e.g., heavy lifting, sports), sauna visits, and sunbathing for up to 1 week after surgery.
- Do not consume beverages or food through a straw.
- Take the prescribed medication as directed.
- Your ability to drive may be impaired after operations in local anesthesia.
- If the sinus cavity was opened during the procedure, avoid blowing your nose for 10 days. When sneezing, let the pressure escape through an open mouth.
- Good oral hygiene is crucial for a quick wound healing. Brush your teeth thoroughly with a soft toothbrush three times a day, avoiding the wound area.
- Do not smoke.
- Do not use oral irrigators until stitches are removed.
- Pain and swelling after a procedure are normal. Swelling typically increases for the first 2-4 days before gradually subsiding.
- Sick leave certificates cannot be issued retroactively. If you feel unable to work when your sick leave expires, please contact us.
- Remove any compresses or gauze pads after 1/2 hour.
- If present, leave drainage in place.