

## Behavior after surgery and extractions

1. Eat only when the anesthesia has worn off.
2. Rinse the mouth twice a day with the mouth rinse.
3. Do not press on the wound, suck or touch. The wound heals best if you let it time and rest. This also prevents bacteria from outside in the wound.
4. Avoid coffee, tea alcohol, drugs, cigarettes, heat, physical exertion like sport or something like that.
5. Eat in the first days after the surgery as possible without fresh dairy products (bacteria cultures in dairy products delay the wound healing), no spicy food, no fresh squeezed juices, no hard or grainy foods (cereals, poppy, sesame, etc.).
6. Do not smoke: Nicotine delay the wound healing.
7. Cool the affected area, the first two days after surgery. Do not place the cooling bag directly on the skin, wrap it in a cloth, so that the cheek is not too hypothermic. Cool for 20 minutes and then put again a break of 20 minutes.
8. Sit as upright as possible after the procedure. When you lie down to sleep, if possible, to the non-operated side.
9. A slight bleeding for 1-2 days is normal. A drop of blood mixed with saliva, like a mouth full of blood appears. Do not be afraid, in unclear cases, immediately telephone contact. Control is better than cure.
10. Swelling, pain and bruising up to 3 day after operation become stronger. This is completely normal. From the 4th day should complaints have declined. Is not the case, please call immediately.

Our team wishes you good improvement