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## Postoperative instructions

The following recommendations will be of help for a comfortable recovery.

1. Take a **painkiller (Dafalgan 1.000 mg)** before the anaesthesia has completely worn off. **Slight bleeding** is possible and can be stopped by applying a compress for about 10 minutes. You must remain **quiet** and seated as frequently as possible. At night use two pillows.
2. Should swelling occur, **applying ice** to cheek or lip for two to six hours will be helpful. A slight colouring or light swelling may occur from the second until the fourth day after surgery. This is normal and will disappear naturally. You may **feel tired** the first day - this is normal also. Vaseline will alleviate irritation of the corners of the mouth. Stitches may provoke a **sensation of tightness**. This is normal and will disappear after two days. You may find difficulties in opening your mouth, swallowing, experience a sore throat or, even, an earache. Be sure to mention any of these during the check-up.
3. Avoid licking the wound and stitches as well as the dressing, if it was placed.
4. When brushing your teeth, you may not brush the wound. It is thus of importance to use an appropriate mouthwash (*Corsodyl*). Use it undiluted, twice a day, before brushing your teeth. The liquid should be kept in the mouth for one minute on the side of the sutures. Remaining food particles can be removed with a cotton swab. *Note:* After using a mouthwash, a **temporary discolouring** of teeth and tongue may occur. This is nothing to worry about nor is a slight loss of taste exceptional.
5. Please contact your practitioner if swelling or pain persist more than two days, if you show signs of fever or if a sudden pain occurs.
6. As for **eating and drinking**, none of these are prohibited after the effects of the anaesthesia have worn off. However, it is in your best interest to **avoid smoking and alcohol** for the first three days following surgery. Food should be **cold and soft** the first day after surgery.

Outside office hours and during the weekend you can contact Dr. Frederic de Beule, on his mobile: 0475/67.99.71. or Dr. Maxime Dahan: 0478/98.15.60

**We hope that the above information will be helpful, and we wish you a speedy recovery.**

**Frédéric De Beule**