



Medstom Dental Clinics

Sofia, Stefan Stambolov Boulevard №6 and Al. Dondukov Boulevard 26A, [www.medstom.bg](http://www.medstom.bg)

## ISNTRUCTIONS FOR THE POST-SURGICAL PERIOD

When performing stomatological surgical interventions

1. After the intervention, keep pressing the gauze for 10-15 minutes. If the bleeding continues, keep pressing until it stops.
2. Avoid speaking, sucking, spitting and gargling, especially for the first 3-4 hours after the manipulation (the purpose is for a thrombus to be formed, which is needed so that the bleeding stops). Be careful not to bite the anesthetized sections.
3. The formation of a little bump or a swelling is possible, which is a post-surgical reaction. Putting ice on the outside of the cheek periodically during the first few hours will reduce it and will ease the pain.
4. There might be increased sensitivity in the area of the manipulation, after the anesthesia passes after 2-3 hours. We recommend you to take an Analgin or an Aulin, but under no circumstances Aspirin or Acetysal.
5. You can have cold drinks after 30 minutes, and to eat after 3 hours. If you smoke, do not do it in the first 24 hours. Do now wash and spit for the next 24 hours. Do not suck anything and do not drink with a straw for the next 24 hours.
6. If you followed the abovementioned requirements, but within 2-3 hours, the bleeding has not stopped and it is strong, press the place with a gauze compress and contact your dentists.
7. Brush your teeth normally, **BUT DO NOT TOUCH** the zone of the extraction with a brush or another object.
8. The mouth is washed three times a day until the threads are removed, where the solution is left (without gargling) for 1 minute on top of the surgical spot. The liquid must penetrate by head shaking, and not by moving the muscles of the cheeks and the lips. The teeth must be brushed with a soft brush in a direction up from bottom for the lower jaw and vice versa for the upper jaw, with no rotating movements.
9. A control examination is done after 24 hours. After 7 days the threads are removed.
10. If your dentist has prescribed a medication, follow the instructions given and the common ones.
11. If you have any questions, doubts or complications, please contact.....or call telephone....

**THANK YOU FOR YOUR THURST! GET WELL SOON!**