

Behaviour before and after dental surgery

If the procedure can be planned, place it in a time during which you will have some rest for the following 2-3 days.

Before surgery

- No blood-thinning painkillers (ASS, aspirin, ...) to be taken from one week before the operation.
- If you need to take this or any other blood-thinning medication, please inform the surgeon at least one week before the procedure!
- Brush teeth thoroughly. Keep cooling elements or ice in the freezer compartment.
- Have a good breakfast

For general anesthesia (ITN)

6 hours before: Do not eat! No alcohol, tobacco, caffeine!

2 hours before: No drinks!

After surgery

- To stop bleeding, a swab is often placed on the wound, which should be kept under pressure for 60 minutes by biting on it. Then carefully pull the swab to the side.
- Do not consume food until the anaesthetic has completely disappeared.
- Do not eat hard or edgy food (e.g. crispy baguette or natural rice) for 3 days after the procedure.
- Protection of the surgical wound; brush teeth well, but not in the direct vicinity of the wound.
- Cooling with an ice pack or ice in a cloth, at 15-minute intervals, with breaks of equal length.
- No sports, no heavy housework.
- If you need rest, do not lie flat, keep upper body upright. During interventions in the upper jaw lateral tooth area: Avoid sneezing and nose cleaning.
- Do not drive or cycle directly after the operation. Consider reduced reaction time (journey home with accompanying person). Bite a clean handkerchief for 30 minutes after bleeding.
- No tobacco, alcohol, coffee, cola.
- In case of pain no ASS or aspirin but - provided that no hypersensitivity is present - ibuprofen or paracetamol.



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