

Post-Operative Care After Oral Surgical / Implant Procedures

A calm, consistent healing phase is essential for the success of your treatment. Please follow the points below carefully over the next 14 days.

If you have any questions or are unsure about anything, please contact us at any time.

1 Immediately After the Procedure

- Eat only once the anesthesia has worn off - chew on the non-operated side.
- Take medication and supplements exactly as prescribed - do not change or stop anything on your own.
- Rest for the remainder of the day; keep your head slightly elevated while lying down; talk as little as possible.
- Do not drive yourself on the day of surgery.
- Dosage and timing: see Prescription and Dosage Schedule.

2 Implants & Bone Grafting – if performed for you

- No chewing load on the implant/bone graft site - not even with a long-term temporary restoration (temporary = aesthetics only, no function).
- Avoid hard, tough, or sticky foods in the affected area.
- Loading clearance only after a check-up, usually after 3-6 months.

3 Physical Rest, Stress Reduction (at least 14 days)

- No sports, no heavy lifting/carrying, no forceful straining.
- Avoid flying if possible.
- Avoid mental strain/stress.

4 Nose & Pressure – only after procedures in the upper jaw / sinus area

- Do not blow your nose forcefully; sneeze with your mouth open.
- No pressure equalization through the nose (as when flying/diving).

5 Diet & Fluids

- Soft, cool to lukewarm foods; plenty of still water or unsweetened herbal tea.
- Avoid for 3-7 days: dairy products, alcohol, caffeine, nicotine, very hot/spicy/crumbly foods.
- Take supplements according to the Dosage Schedule and Supplemental Nutrient Protocol.

6 Oral & Wound Care

- Brush gently from day 1 onward, avoiding the surgical site initially.
- Rinse only with chamomile/sage tea or colloidal silver - do not use chlorhexidine-containing mouth rinses (e.g., Chlorhexamed).
- No vigorous rinsing or spitting during the first 24 hours.
- Use a soft toothbrush with a small head; no electric toothbrush in the surgical area for 14 days.
- Do not touch the wound with your tongue, fingers, or objects.

7 Swelling & Pain

- Only mild cooling (no ice directly on the skin), arnica compresses, Lymphdiaral ointment.
- Avoid heat to the face (sauna, hot baths, sun exposure) for 2 weeks.
- For application details, see Prescription.

8 In Case of Bleeding

- Sit upright, head elevated.
- Place a clean gauze pad/compress on the wound and bite down firmly for 20-30 minutes; do not rinse or suck on it.
- If bleeding does not clearly subside after 2 rounds: contact the practice or emergency dental service.

Warning Signs – Act Immediately

- Chills or significantly elevated temperature
- Increasing pain despite pain medication
- Hardening, rapidly increasing swelling
- Foul-smelling/tasting discharge from the wound or nose
- Pressure/pain toward the eye or severe headache (upper jaw)
- Swelling of the floor of the mouth, difficulty swallowing, or shortness of breath (lower jaw)

In these cases, contact us immediately:
Practice +49 89 6970055 or emergency dental service
www.kzvb.de/patient/notdienst-dental-emergency

9 Follow-Up Appointments

- Wound check within the first 2 days.
- Suture removal usually after approx. 14 days (typically resorbable sutures).
- Further appointments (implants/bone graft, X-rays) as arranged.