

# WHITE CLINIC BELGRADE



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## POST-OPERATIVE INSTRUCTIONS FOR EXTRACTIONS AND ORAL SURGERY

### Day 1 (The First 24 Hours):

- **Do NOT** spit, rinse, suck (using a straw), smoke, or drink carbonated or alcoholic beverages for at least 24 hours.
- Passively empty your mouth when needed.
- Drink and eat **only cold** food and liquids.

**Day 2 and Onward:** You will most likely experience one or more of the following symptoms: minor pain, swelling, bruising, limitation in opening or closing your mouth, pain in the jaw or ear, or a sore throat. It is important to listen to your body and take it easy.

- **Do NOT** engage in heavy lifting, spitting, sucking, drinking alcohol, or smoking.

### General Guidelines & Care:

- **Oral Hygiene:** Brush gently. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.
- **Discomfort:** Over-the-counter pain medication (Ibuprofen, Nimulid, or Tylenol) may be taken as directed on the packaging to relieve discomfort.
- **Swelling:** Apply cold compresses to the affected area at 10-minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish within 72 hours; call the office if there is no change.
- **Bleeding:** Some oozing of blood is normal for the first 12–24 hours. Call the office if the bleeding does not subside.
- **Diet:** Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing and difficulty opening your mouth wide.
- **Stitches (Sutures):** If you have received sutures, avoid playing with them. A 15-minute appointment will be needed to remove the sutures in 7–10 days.

### Prescriptions:

- **Antibiotics:** \_\_\_\_\_
- **Painkillers:** \_\_\_\_\_
- **Anti-swelling medication:** \_\_\_\_\_

Belgrade, \_\_\_\_\_  
**Dr. Vladimir Malušev** Oral Surgeon