



# Instructions for the Patient

## Before the Intervention:

- Taking Aspirin or anti-inflammatory medication is forbidden for ten days before the intervention;
- You are advised to take 3 x 2 "Traumeel" tablets for three days before the intervention, in order to reduce the appearance of bruising. The Traumeel must be taken on an empty stomach.
- On the day of the operation, you are advised not to wear make-up or nail varnish, nor to use day cream.
- On the day of the operation, you are advised not to wear contact lenses.
- On the day of the operation, you are advised not to wear any jewellery.
- During the morning before the intervention, your hair must be washed with a disinfectant soap of the Hi-

biscrub, Uni-Cura or Betadermyl variety (available from chemists).

- For six hours before the intervention, eating, drinking or smoking is forbidden;

## After the Intervention:

- Driving is forbidden for 24 hours after the operation.
- The bandage applied just after the operation can be taken off on the day after the intervention.
- When the intervention has been performed via an intra-oral incision, you should have a mouthwash after each meal.
- You are advised to take 3 x 2 "Traumeel" tablets for five days after the intervention, in order to reduce the appearance of bruising.
- You are advised to take Dafalgan (Paracetamol) at a rate of 1gr four times a day, alternating with Ibuprofen 600mg, twice a day. In the event of strong pain, other painkillers could be prescribed for you.
- Antibiotics will be prescribed for you and must be taken twice a day.
- In order to reduce the oedema and the bruises, it is recommended that you sleep for three days with your head slightly raised on two pillows.
- An oedema will appear after the operation, but it will disappear of its own accord after a few days. Some bruising will remain visible for about ten days.
- In order to reduce the oedema and the bruises, cold compresses should be applied to the chin, always avoiding direct contact between the skin and the ice.
- You can wash your hair as from the third day after the intervention. Any contact of the wounds with water or shampoo must be avoided.
- The stitches will be removed after a week, by your doctor or at Beclinic.
- You are advised not to do any sport for four weeks after the intervention.

# QUESTION?

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