



MODRI ZOB

POST-ORAL SURGERY INSTRUCTIONS

You have undergone oral surgery at Modri zob, Ukmarjeva St. 6, 1000 Ljubljana. This surgical procedure is often part of the treatment for dental and periodontal diseases. Initial wound healing takes place over 14-21 days, while complete bone defect healing is expected within 2-3 months. During the healing process, there may be discomforts that can be minimized by following these instructions.

- **Apply pressure to the wound with gauze for an additional 30 minutes**; anesthesia wears off within 1 to 4 hours.
- **Swelling** and **mild pain** may occur from days 1 to 4 due to tissue damage during extraction. Reduce swelling by applying cold compresses to your cheek immediately after the procedure for several hours.
- You can alleviate pain with painkillers (such as Lekadol, Nalgesin...), **but never with Aspirin.**
- **Avoid smoking, alcohol consumption,** and strenuous **physical activities** or exertion in the first 3 days after surgery, as they may negatively impact wound healing.
- Maintain good oral hygiene, but do not brush over sutures or the wound! **Do not rinse** the wound or **poke it.** **Avoid sucking blood** from the wound or **touching it with your tongue.**
- **Minor bleeding** may occur after any surgical procedure. In case of bleeding, place a gauze pad, tampon, or clean cloth rolled into a coil over the wound and apply firm pressure.
- **Opening your mouth may be difficult for a few days,** especially in the back of the oral cavity after surgery.
- Sometimes, **bruising** under the skin near the operated area may occur due to minor bleeding into the subcutaneous tissue. **It is harmless** and usually disappears within 14 days on its own.
- Due to the proximity to major nerves, surgical extraction or tooth removal in the lower jaw may rarely result in their injury. This may cause tingling and reduced sensation in half of the tongue or lower lip. In most cases, this sensation resolves on its own.



MODRI ZOB LJUBLJANA
Ukmarjeva ulica 6
040 501 100
ljubljana@modrizob.com

MODRI ZOB KRANJ
Bleiweisova cesta 30
040 500 517
kranj@modrizob.com

MODRI ZOB PTUJ
Osojnikova cesta 9
040 550 500
ptuj@modrizob.com

MODRI ZOB NOVA GORICA
Ul. Gradnikove brigade 51
051 391 911
novagorica@modrizob.com