

# DR. TOMÁS HERNÁN

CLÍNICA DENTAL

MEDICINA ESTÉTICA

## POST-OPERATIVE INSTRUCTIONS

- **On this day:**

- Bite the gauze for 30 minutes. If, when removing it, it continues to bleed, place a new gauze pad and bite again for another half hour.
- Local ice: apply externally at 10-minute intervals for 2-3 hours.
- Do not rinse, spit, or brush your teeth until morning.
- Take liquid and cold food (juices, milk, yogurt, etc.)
- DO NOT SMOKE

- **For tomorrow and following days:**

- DO NOT SMOKE
- Soft food (mixer diet) for eight days.
- Maintain good oral hygiene. Brush the intervened area by using a surgical brush (soft bristles).
- Rinses with Mouthwash with chlorhexidine (CN 385666.9) after meals for 15-20 days.
- Applications of Chlorhexidine Bioadhesive Gel (CN 354605.8) after rinses for 15-20 days
- The face will be inflamed for approximately 7 days.
- The pain varies in intensity and duration according to each person.
- Take prescribed medication on time.
- The stitches must be removed after 7 days.
- In the event of any complication, consult it on the phone +34669511850.