



ד"ר גיא כרמלי

פריודונט // מומחה לחניכיים והשתלות

## **Post-Surgery Instructions**

In the 24 hours after the procedure:

Avoid rinsing, spitting, smoking and consuming hot foods and beverages. It is important to drink water at room temperature. You are advised to stick to soft food. Try to avoid chewing on the side of the mouth that underwent surgery.

When brushing teeth, avoid the area of the surgery. Resume normal brushing habits the day after the surgery, except for the area that was operated on.

After 24 hours, you are advised to rinse out your mouth twice a day with a solution given to you by Dr. Carmeli.

You may experience the following after the procedure:

pain, discomfort, swelling and restricted opening of the mouth.

Swelling usually begins the day after surgery and reaches maximal dimensions after 48 hours. A cold compress (ice wrapped in a bag or towel) can be applied externally to the area that was operated on – 15 minutes on, then 15 minutes off, for the first 4 hours after the procedure.

You may take painkillers, under a doctor's instructions.

Do not take antibiotics without first seeking medical advice.

Avoid strenuous physical activity on the day of the surgery.

Routine activities are permissible.

Do not hesitate to call me if there are any problems or questions!

Wishing you a speedy recovery,

Dr. Guy Carmeli  
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