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***Recommendations after implant placement.***

**On the day of surgery:**

For the first hour it is necessary to hold the swab for 30-45 minutes. If the wound continues to bleed, replace the swab and hold it for an additional 30-45 minutes until the bleeding stops. Try not to touch the wound with the tongue, sharp objects (toothpicks, etc.), and avoid strong mouth rinsing during the first 24 hours. Brush your teeth with a soft toothbrush, and take special care around the wound site. Smoking prolongs the healing process, so it is highly desirable to refrain from smoking postoperatively during the first days. Also, for the first 3-4 days, sports, sauna and swimming pool visits should be avoided. Increased physical activity can cause recurrent wound bleeding, causing greater swelling and discomfort. You should avoid "fermenting" alcohols (beer, wine, etc.) during the healing process.

Extraoral swelling is a completely normal postoperative phenomenon, which reaches its maximum 2-3 days after surgery. It can be reduced by applying a cold compress and holding it for a maximum of 15 minutes, which can be repeated every half hour. It is best to wrap frozen products in a towel to avoid direct contact with the skin. The best result of the “cold therapy” is, when it is done on the day of surgery.

In case of pain, the use of analgesics is indicated (“Ibumetin” 400 mg / “Dolmen” 25 mg etc.). The most intense pain may be felt within the first six hours after the anesthesia has gone. Avoid eating while the anesthesia is still working. Eat small pieces of chopped, liquid food and avoid hot and spicy food and beverages. Use antibiotics and an antibacterial mouthwash, if prescribed.

**In the following days (the second / third day postoperatively):**

Rinse your mouth with salt water (1 teaspoon of salt per glass of water) at least two to three times a day (especially important it is after mealtime). A decoction of chamomile tea or the indicated mouthwash can be used. Brush your teeth at least 2 times a day. Good oral hygiene will speed up and improve the healing process. Avoid smoking for the first days.

The first two days after surgery are usually the most severe - discomfort, pain at the site of the surgery, swelling and reduced opening of the mouth, stiffness or slight discoloration of the gums and dry lips are completely normal finding after the surgery. And is self-limiting within the first few days.