

## RECOMMENDATIONS

### postoperative

1. A meal can be eaten only after resolution of anesthesia. Avoid hot food. Until the sutures are removed, please eliminate from the diet hard and chewy foods.
2. COLD COMPRESS apply to the chin area for 2-3 minutes, then wait a few minutes until skin will be warm and cool again. Repeat the procedure as often as possible during the first days after the procedure.
3. IN CASE OF PAIN, please take a painkiller, eg IBUPROM 1 tabl. every 6 hours. If it is necessary to take an additional dose of painkiller between doses, you should take a medicine from another group, eg paracetamol.  
Time of the first dose ..... ..
4. ELUDRIL 3x daily for mouthwash from the next day after surgery (dilute according to the instructions on the packaging). For children, ELUDRIL EXTRA (non-alcoholic, without dilution).
5. AESCIN 2 tablets 3 times a day for 5 days - buy a pack of 30 tablets in pharmacy without a prescription (chestnut extract with anti-inflammatory, analgesic and anti-edematous m). Children up to 40 kg. 1 tablet 3 times a day.
6. PHYSICAL ACTIVITY , avoid intensive physical exercise for 2-3 days after the procedure.
7. After surgery avoid spitting and drinking through a straw.
8. EXERCISES for tongue from the 3rd day after the procedure, unless there are other recommendations from a speech therapist. By touching the tongue to the palate, we open our mouth, 3 times a day, 10 exercises.
9. On the second or third day after the procedure, the swelling under the tongue may increase.  
Postoperative pain may radiate to the throat and ears.  
Haematomas in the sublingual region and on the tip of the tongue will be absorbed within 2-3 weeks.  
Any swelling and lisping may persist to remove the stitches.  
White lesions around the sutures due to maceration of the epithelium will heal after removing the sutures.  
After 3-4 days of surgery, some sutures may fall out by themselves.
10. REMOVING SUTURE after 7 days.
11. SCAR MASSAGE. After removing the stitches, massage the scar with your index finger 2-3 minutes, 2-3 times a day for 2-3 weeks.
12. Any postoperative BLEEDING may be stopped by applying moderate pressure with gauze in the area beneath tongue for 20-30 minutes.

**13. NOTE: If you have swelling that prevents your breathing, immediately report to a hospital.**