cabinetDENTAIRE.ca

Pre-operative directions

1. You must refrain from taking **ASPIRIN** 10 days prior to the intervention.
2. You must refrain from consuming alcohol 24 hours prior to and after surgery.
3. Inform us of any change in your medical history or intake.
4. It is advisable to eat before the intervention.
5. If you must take a sedative in order to undergo the surgery, please make arrangements for someone to accompany you the day of the intervention.

Post-operative directions

1. Take your medication as prescribed by your dentist.
2. **Avoid all suction** for 24 hours: no spitting or drinking with a straw.
3. **NO SMOKING*** on the day of the surgery and for the following 24 hours, at least.
4. To sleep, keep your head elevated on 2 or 3 pillows for the first few days.
5. 24 hours after the surgery, start gargling with the prescribed mouthwash for 30 seconds, twice a day.
6. Keep your diet to soft and tempered foods, especially on the first two days.
7. Restrain from vigorous physical activity for 48 hours after the surgery.
8. Swelling can occur, along with bruising. No further treatment is necessary.
9. Avoid long conversations and eat in small bites to avoid excessive friction of the lips or cheek on the graft area.
10. Sutures will be removed at your next appointment.

Mouth care

1. After 48 hours, gargle with the prescribed mouth wash for 30 seconds, twice a day.
2. You may brush your teeth avoiding the surgical site.
3. Do not use electric toothbrush or a water-pik.

*Nicotine slows the healing process and increases the risk of infection.

2035 Victoria, bureau 200, Lachine, Québec, H8S 0A8
Tél.: 514-637-2385 – Fax : 514-637-4511
www.cabinetdentaire.ca – info@cabinetdentaire.ca