Preoperative instructions

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.

Postoperative instructions

1. Bite on gauze for 30 minutes after surgery to keep the bleeding under control.
2. Take your medication as prescribed by your dentist.
3. Keep tongue, fingers and toothbrush away form the surgical area.
4. **AVOID ALL SUCTION** for 24 hours: no spitting or drinking with a straw.
5. **NO SMOKING** on the day of the surgery and for the following 24 hours, at least.
6. 24 hours after the surgery, start gargling with saline water (add 1 teaspoon of salt to a glass of water) four times a day for a week.
7. To sleep, keep your head elevated on 2 or 3 pillows. Light bleeding can occur on the firs day. If bleeding is more substantial, fold gauze in order to make a solid pad to bite on. A teabag can also be used: the tannic acid in tea helps to clot blood.
8. Apply ice cubes in a plastic bag wrapped in a damp cloth for 20 minutes every waking hour, for 48 hours.
9. Keep your diet to soft and tempered foods.
10. Restrain from vigorous physical activity for 48 hours after the surgery.
11. Swelling can occur, along with bruising. No further treatment is necessary.
12. Sutures will resorb in a week.

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