

## POST-OPERATIVE INSTRUCTIONS

### BLEEDING

- Following oral surgery, bleeding is normal. Change cottons every 20 minutes, until they are no longer soaked. If bleeding is excessive, bite on a wet tea bag for 45 minutes. Repeat if necessary.

### MEDICATION

- You must take all the medications, as prescribed by your doctor.

### RINSING

- Do not rinse, spit or smoke for the first 24hrs following your surgery. On the day after your surgery, start rinsing gently after each meal and at bedtime, using ¼ tsp salt to a glass of warm water, and continue for 2 weeks.

### HYGIENE

- start brushing your teeth lightly the same day of the surgery

#### HYGIENE AFTER DENTAL IMPLANT SURGERY

- Start lightly brushing the silver cap(s) on the 2<sup>nd</sup> day following your surgery. It is important to continue brushing it every day as part of your daily routine to prevent inflammation.

### SYRINGE

- Start using 7 days after your surgery to irrigate the bottom alveoli (tooth sockets) only.

### SWELLING

- For the first 3 days following surgery, swelling at the surgical site is a normal reaction. Crushed ice in a zip-lock bag should be applied to the area involved, 20 min. on, 20 min. off for the first 3 hours. Difficulty in opening the mouth wide may occur in the first few days. You may apply warm compresses as of the 3<sup>rd</sup> day to reduce swelling.

### FOOD

- Drink warm or cool liquids and eat soft foods for the first week.

### DISCOLORATION

- Black, blue or yellow areas may develop around the face and neck (bruising). This is as a result of bleeding into the tissue and is of little significance.

### BONY EDGES

- After extractions, small sharp bone fragments may work up through the gums during healing. You may return to the office to have them removed if they are bothersome.

### EMERGENCY

- Excessive bleeding or discomfort, abnormal reactions to medication (e.g. rash, itching, vomiting or nausea) warrant an emergency phone call to the office or the emergency number given to you the day of your surgery:

Monday to Friday 8am to 5pm

**Office: 514-252-0880**

**POST-OPERATIVE CARE IS VERY IMPORTANT. PROPER CARE FOLLOWING ANY SURGERY WILL  
HASTEN RECOVERY AND PREVENT ANY COMPLICATIONS**