Dental extraction
Post-operative instructions

CENTRE DENTAIRE LAURIER

ADVISES

For 30 minutes, gently bite down on the wad of gauze and maintain continuous pressure. After washing your hands, change the gauze as often as necessary through the day until the bleeding stops.

For 24 hours:

- Do not spit.
- Do not drink hot liquids.
- Do not "vigorously" rinse your mouth.
- Do not creat suction with your mouth or drink with a straw.
- Do not smoke.
- Do not touch the extraction site with your tongue or finger.

Do not exercise intensely for 2-3 days.

Starting 24-48 hours after surgery, you can rinse your mouth with salt water, if you want.

Good nutrition is very important for proper healing. Soft foods are recommended : examples include, yoghurt, eggs, soup, pasta, tofu, cooked fish, smoothies, dietary supplements such as (Ensure or Boost).

Bleeding:

Mild bleeding is normal during the first 24 hours. But if, many hours after surgery, there's still a lot of bleeding, apply pressure on the extraction site by biting down on a fresh wad of gauze or a wet tea bag.

Pain:

You should expect mild to moderate pain once the freezing wears off. The intensity will vary depending on the nature of the surgery and on how you, as an individual, react. If, after taking your medication, the pain persists for more than 48 hours, please contact us.

Swelling:

To minimize the risk of swelling, apply a bag of ice rolled in a towel or a cold compress to your face or jaw, alternating between 15 minutes cold and 15 minutes rest. Repeat as often as you like during the first 24 hours. Do not apply heat.

Sutures:

If you have sutures (stiches) and they start to feel loose, do not try to remove them. Absorbable sutures will dissolve and fall away by themselves. Non-absorbable ones will be removed by your dentist at your next appointment.

Do not hesitate to contact us if you have any questions or concerns about your recovery.

Get well soon !