



DRE ST-HILAIRE, DR ÉTHIER-DA COSTA & ASS.

Post-op instructions after an extraction

1. Bite on a cotton pad for 20 minutes. Do not touch the extraction site with your fingers nor your tongue. After 20 minutes bite on a new cotton pad folded in 4. If the bleeding is abundant, bite on a wet tea bag for another 40 minutes (very effective!). If however the bleeding persists, please contact us.
2. Do not drink with a straw, spit or rinse your mouth during the first 24 hours, in order to prevent the blood clot removal.
3. The next day (24 hours later), rinse your mouth frequently with a mild mouthwash or lukewarm saltwater and gradually come back to your normal dental oral hygiene.
4. Do not smoke for the first 24 hours (ideally for 5 days). Smoking can dislodge the blood clot and cause persistent bleeding. Smoking also increases the risks of complications.
5. Rest well for a few hours following the surgery and avoid all physical efforts.
6. Take your medications as prescribed.
7. Adopt a cold or lukewarm diet consisting of liquid or soft foods for the first 24-48 hours.

Is it normal?

- A. PAIN: The pain intensity varies from one person to another and on the type of surgical procedure received. Take the painkillers as the recommended posology.
- B. BLEEDING: Your saliva may have traces of blood because of slight bleeding for around 24 hours post-surgery.
- C. SWELLING: As soon as possible, apply apply ice on your cheek for 20 minutes intervals during the 24 hours. The swelling attains its maximum peak 48 hours after the surgery and will disappears gradually afterwards. This type of swelling is a normal part of healing and is NOT an indicator of an infection. Two days later, occasional 10 minutes heat applications may help to reduce the swelling.

- D. SKIN DISCOLORATION: Bruises (blue, yellow, purple) may appear on the skin. They will disappear gradually by themselves.
- E. DIFFICULTY OPENING MOUTH: You may have difficulty opening your mouth. This complication is the result of a muscle spasm following the surgery. It should get back to normal in the next 5 to 10 days.