

GUIDELINES AFTER MINOR ORAL SURGERY

- At the slightest complication or problem, contact the clinic at 819-525-7755.

POST-OPERATING DIRECTIVES

- Keep the compresses in your mouth for an hour and keep a firm pressure.
- Apply ice to the cheek for 20 minutes every hour for the rest of the day.
- If the bleeding persists, take a slightly moist gauze or tea bag and hold it in place with a little pressure for about 20 minutes.

TO AVOID 48 HOURS AFTER THE SURGERY

- Avoid smoking.
- Avoid rinsing your mouth or spitting.
- Avoid drinking with a straw.
- Avoid hot foods or drinks. Eat temperate/soft foods.
- Avoid intense physical activity.

In case of pain

- During the first 24 to 72 hours after surgery, take acetaminophen (Tylenol or Atasol) or ibuprofen (Motrin or Advil) or medications prescribed by your dentist. **Avoid taking Aspirin.**
- Bruises may appear on the skin. They will disappear after 5 to 7 days.
- You may have trouble opening your mouth after surgery. These conditions are expected to fade over the next 4 to 5 days.
- Do not hesitate to contact us if the pain increases after 3 days instead of decreasing.

I read and understood the post-operative guidelines and signed:

Signature du patient

Signature du dentiste