



Dr CLAUDE DAVID SPRCP inc.

Clinique de chirurgie buccale et maxillo-faciale

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POST-OPERATIVE INSTRUCTIONS

Post-operative instructions must be followed carefully to ensure quick recovery. Some swelling, stiffness, and discomfort are to be expected after a surgery.

Day of operation

BLEEDING

1. Keep gauze pack in mouth until bleeding has stopped, applying constant, firm pressure, and replace it every half hour if needed.
2. If bleeding persists, bite on a gauze pad or moist tea bag.
Repeat if necessary.
3. Keep head elevated and rest quietly.
4. Apply ice bag to affected area at 30 min. intervals for 24-48 hours after surgery during waking hours.
5. Some oozing of blood and discoloration of saliva are to be expected.

AVOID

Until bleeding is controlled, avoid eating (up to a maximum of 5 hours). During the first 24 hours, avoid sucking on the wound, spitting, using mouthwash, smoking, exercising, or drinking with a straw. Avoid sports or strenuous physical activities for 24-48 hours after surgery.

PAIN

Take prescribed medication for pain as directed. If the prescribed medication does not adequately eliminate pain, please call our emergency number.

DIET

Liquid or soft food only, at room temperature. (Avoid hot foods.) You can start to eat as soon as 2 to 4 hours after surgery as long as bleeding is controlled.

MEDICATION

If antibiotics are prescribed, they SHOULD be taken until treatment is complete.

From second day to complete healing

1. Rinse mouth with salt water (add 1/4 teaspoon of salt to 200 ml / 8 oz of boiled water). Repeat rinsing after meals, every day until next appointment.
2. Your diet may consist of soft to regular food as desired.
3. Continue with medication for pain if needed, and rest.
4. Two days after surgery, apply hot compresses on cheeks if required.
5. Continue to take antibiotics as prescribed by your doctor until the end of the treatment.

In case of emergency, please call:

Toll free: 1-866-330-4030 • 514 630-4030