



Extraction's Post-operative Instructions

- 🦷 Biting on 1 compress for 30 minutes after surgery. Do not touch the treated area with your fingers or tongue.
- 🦷 Do not rinse your mouth for 12 hours. However, it is possible to immediately drink water and fresh liquid. Gently brush avoiding surgical sites.
- 🦷 Saltwater mouthwash recommended (2 tbs of salt in 1 cup of water), especially after meals, starting the morning after surgery. Rinse your mouth three times a day for the next 7 days to facilitate healing. Do not spit too hard, but drop the liquid from your mouth. Traditional mouthwash (Scope®, Listerine®) is not recommended.
- 🦷 Bleeding: it is normal to have red stained saliva for some days. If a real bleeding occurs, fold a compress as a strong buffer, and place directly on the part operated maintaining a constant pressure for one hour or more.
- 🦷 Swelling will occur in most cases, peaking over a period of 48 hours; then disappearing over the following 4-5 days. Apply ice intermittently for 48 hours following surgery, or 15 minutes per hour. Sleeping in a half sitting position the days following the intervention will help reduce swelling. After the first 48 hours, you can apply warm, moist compresses, at the rate of fifteen minutes per hour, if there is still swelling.
- 🦷 A skin discoloration (commonly known as bruise), may occur and disappear after about a week.
- 🦷 Sutures (dissolving stitches) will resorb after about 4 to 14 days.
- 🦷 Diet: cold or warm liquids can be taken 4 to 6 hours after returning home, after which any soft food is permitted (soft diet). You must take your three meals a day, and that, upon your return home. Examples of suitable food: soups, broths and cream, pasta, cooked vegetables and / or pureed, cereal, oatmeal...
- 🦷 Take medication (drugs) as indicated on the prescription. Your prescription is individualized and can include the following medications:
 - * Ibuprofene (Motrin®, Advil®) : analgesic (painkiller) to take 4 to 6 hours if pain.
 - * Acetaminophen/codeine : painkiller to take 4 to 6 hours if pain. It can be taken in combination with Naproxen or Ibuprofen.

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