

Clinique dentaire Dr Jacques Vaillancourt et Dre Nadia Fournier

INSTRUCTIONS FOR PATIENTS WHO HAVE JUST HAD SURGICAL OPERATION OF THEIR GUMS

1. Press your dentures together gently for 60 minutes.
2. Although you can drink water or cold liquids, do not rinse your mouths for the first 8 hours.
3. Mouthwash or salted water is especially recommended after meals, starting the day after the operation.
4. Diet : Do not skip meals. A soft diet is recommended.
5. Wear your dentures 24 hours a day during () days and afterwards wear them during the daytime only.
6. Rinse your mouth with salted water 24 hours after the operation and brush your dentures lightly.
7. Swelling is expected. Put some ice on your face the first day. If the swelling still continues, put hot water instead for the next couple of days.
8. Make an appointment with your dentist 10 to 15 days after the operation.
9. Please, do not hesitate to call us in case of problems or for more information.

RECOMMENDATIONS :

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