

INSTRUCTIONS FOR PATIENTS WHO HAVE JUST HAD
A SURGICAL OPERATION

1. KEEP YOUR TEETH CLENCHED ON A COTTON GAUZE FOR AN HOUR.
Do not touch the wound with your fingers or tongue.
2. Do not rinse your mouth for 48 hours, however, you are allowed to drink once the cotton gauze is removed.
3. Mouthwash is especially recommended after meals beginning the next day, provided that there is no bleeding.
4. BLEEDING : It is normal to have a slightly red saliva for about one day. If it starts bleeding, fold the cotton gauze into a pad, then place it directly on the wound and keep a steady pressure for an hour. Do not chew on the cotton gauze. An empty tea bag can replace the gauze.
5. SWELLING : Swelling can happen. In some cases it can reach its highest point within 48 hours and disappear the next 2 or 3 days. Put some ice periodically during the first day and if the swelling goes on, put a hot-water bottle instead. It is not necessary to stay inside to avoid drafts, or to cover the swollen parts.
6. Follow your prescriptions as indicated.
7. DIET : You can have cold or warm drinks in the first 4 or 6 hours following your return home, after which any soft food is allowed.
8. DISCOLORATION : There may be a slight discoloration of the skin which will clear up within a week. This is not serious and does not require a treatment.
9. The stitches will come out by themselves within 4 to 7 days.

IN CASE OF EMERGENCY do not hesitate to call me if you want more information or if you have any problem at all.

RECOMMENDATIONS :

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