

Immediately  
**AFTER** the surgery



Bite down on the cotton gauze or wet unused tea bag for 45 minutes. It is normal for the saliva to be streaked with blood for a day.



**CARE**  
FOLLOWING ORAL SURGERY



Post-Op

In case of **EMERGENCY**

After business hours you may reach:

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For additional information

Call 514.389.3890 ext. 239

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For the  
**NEXT 24 HOURS**



Do not create any suction in your mouth. You should avoid smoking, spitting and drinking with a straw for the first 24 hours.

Do not rinse your mouth or brush your teeth for the first 24 hours.

Drink and eat only soft and cold foods, such as ice cream, pudding, Jell-O®, yogurt, Boost®, Ensure®, etc. Do not drink anything hot or eat hot or solid foods.

To minimize the swelling, it is recommended to apply an ice pack to your face, on or around the surgical site. Leave the ice pack on for 10 minutes, then remove for 10 minutes and repeat. The more often you apply an ice pack during the first 24 hours, the less swelling will occur.

It is important to take your medication as prescribed.

Antibiotics are not always necessary.

For the days  
**FOLLOWING**  
**THE SURGERY**



It's not uncommon to have a hole where the tooth was extracted after surgery. This is normal and it will close by itself over the next few weeks. It is important to brush the wound 2 or 3 days after the operation.

You should begin brushing your teeth the day following the surgery. Avoid brushing the surgical site for the first 2 to 3 days if tender. It is recommended to rinse your mouth frequently with a solution of 1/2 teaspoon of salt in a cup of warm water. Continue rinsing 3 times a day for a week. Do not use a commercial mouthwash for 2 weeks.

The swelling should peak 48 to 72 hours after the surgery. It is perfectly normal that the night of the surgery there is no swelling but that the day after a certain amount of swelling is noticed.

Sometimes, bruising may occur on the face a few days after surgery. It generally disappears without treatment after 7 to 14 days. You may have difficulty opening your mouth but it is normal and should go away in 7 to 14 days.