

Post operative instruction sheet

DRY SOCKET / LOST OF BLOOD CLOT

Please read this carefully. This is a very painful complication that happens between 3-5 days after a surgery. The reasons are unknown, but generally it's a dull pain in the jaw that can throb up to the ear. Generally speaking, painkillers are ineffective against that pain; you need an artificial blood clot to be inserted in the socket of extraction. This painful complication can be avoided if you follow these guidelines: Avoid spitting or rinsing your mouth for 48h, and it's strictly **forbidden to smoke for 48h**. Start rinsing your mouth with salt and water 48h after the surgery (tea spoon of salt in a medium size glass of water) will help to remove food debris and inflammation. You can also use the prescribed mouth wash, if prescribed.

After your surgery, we do recommend that you rest and take time for yourself until tomorrow. If you rest today, you will heal faster and easier. Today, we took good care of you, now it's your turn to be good with yourself!!! Find a nice relax cosy place and heal up!!!

COMFORT

Comfort will be achieved by taking the prescribed drugs before the anesthetic wears off. Don't wait for the pain to set in! You may need more pills to control the pain if you let it set in. As soon as you feel less and less pain, you can either space up the intake of your prescribed drugs or stop the prescribed drugs and start using Advil or Tylenol. You should never take alcohol with prescribed drugs. We also recommend a protein rich diet which will help the healing process.

DIET / FOOD

Even after a surgery, it's very important to keep an healthy protein rich diet to ensure a fast recovery process. A balanced diet leads to a good healing process. Hungry or empty stomach doesn't get along with painkillers. You should eat little amount at the time, but numerous meals a day until healing is over. Remember, healing is not a race! Take your time and eat any soft food you feel hungry for. It can be mashed eggs, Sheppard pie, ground meat with well cooked vegetables or yogurt. You can also buy at your local drug store boost or ensure protein shakes or pudding. Try to avoid very hot or very spicy food. Do not drink anything through a straw for 2 days or it could dislodge the blood clot and cause some complications

BLEEDING

Leaving the office, you'll be asked to keep tight pressure on the gauze pack for 30-45 minutes. Change it for a new one for another 30-45 minutes only if it bleeds. If you did use all the provided gauze packs, you can use a **soaked tea bag**. After a surgery, it's normal that you feel little bleeding for 24-48 hours. If your saliva is pinkish, it's normal. It will resume by itself. Avoid exercise or any activity that will raise your blood pressure, as this can start bleeding again.

SWELLING / BRUISING / ECCHYMOSIS

Minor swelling may follow your surgical procedure. Swelling usually peaks after 2-3 days. Bruising is very common and will disappear along with the swelling generally after a week or so. Apply an ice bag wrapped into a wet towel at the angle of the jaw for 15 minutes per hour for the next 24h. If you put ice after your surgery, swelling will be kept to minimal level and your comfort will increase, decreasing the needs of pain killers

For any additional information, please feel free to contact us at the office at [613-749-1785](tel:613-749-1785). In case of emergency, or if the office is closed, you can also join Dr Olivier Julien on his cell phone at [819-639-8522](tel:819-639-8522).

Business hours are the followings:

Monday:	7am to 5:00pm.
Tuesday:	7am to 7:30pm.
Wednesday:	7am to 7:30pm.
Thursday:	7am to 5:00pm.
Friday:	7am to 1:00 pm.