



Montreal West Dentistry

DENTISTERIE FAMILIALE ET COSMÉTIQUE · FAMILY & COSMETIC DENTISTRY

Care Following Dental Procedures

Proper care following dental procedures can reduce complications and increase the speed of healing of the surgical area. Below are points of care that may be useful for you following your procedure.

- Do not rinse or use mouthwash for 12 hours. The following day, rinse with warm water and salt several times (one half spoonful of salt in a glass of warm water).
- Bite on a thick gauze pad for half an hour or more. If oozing persists until bedtime, use two pillows to keep your head elevated while sleeping.
- Some discomfort is quite normal following dental procedures. If medication has been given or prescribed, take as instructed.
- Eat soft nutritious foods and drink minimal amounts of fluids for 12 hours. After 12 hours a normal fluid intake is allowed. If you find eating too difficult, you may supplement your diet with products such as Ensure or Boost that provide the nutrients you need for proper healing.
- Use a toothbrush carefully in the area of the mouth not involved in the surgical procedures. A clean mouth heals faster.
- Observe the following precautions until healing is well established: avoid all excessive activity; don't pick at the surgical area; don't spit; don't consume liquids through a straw; refrain from smoking or drinking hot liquids.
- Gently apply ice packs to area (for periods of 20 minutes on, 10 minutes off) to control swelling. This procedure should continue for the first 12 hours only.
- Do not hesitate to call Montreal West Dentistry (514) 484-0521 if any questions arise.