



360 BULYEA ROAD EDMONTON, AB, TR6 2BK (780)430-8118 FAX: (780)439-3113
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POST OPERATIVE INSTRUCTIONS

DO NOT DISTURB: Avoid disturbing the area that has been treated. Do not feel it with your tongue, or brush, or chew in the area, as this may cause bleeding. Some slight bleeding is normal, however, should excessive bleeding occur, apply firm pressure to the area with a moistened gauze pad for 20-30 minutes. If bleeding persists, please call our office.

***Firm pressure on a damp teabag can be applied to stop bleeding.**

ICE: On the day of your surgery, to help prevent swelling, apply ice pack over the jaw or on the cheek. (20 minutes on, 20 minutes off) for several hours. If swelling persists or becomes hard, tender and/or warm to the touch, please call our office as this may be an indication of infection.

RINSING: Gentle rinsing with warm salt water (1/2 teaspoon of salt with 6- 8 oz of warm water) starting 8 hours after the procedure. No vigorous rinsing!

SOFT FOODS: Avoid eating or drinking until the anesthesia (freezing) has worn off. Afterwards, start with soft nourishing foods that can be chewed without difficulty. Examples are: juices, milk, pureed vegetables, soups, (cooled), Jello, ice cream, yogurt, apple sauce.

*Please use caution when consuming hot beverages or spicy foods that may irritate the healing area. * Also avoid small seedy foods- raspberries, strawberries, popcorn, nuts etc. These foods can get trapped in an extraction site and could cause infection.

FOR THE NEXT 24 HOURS:

*****NO SMOKING*****

*****NO ALCOHOL*****

*****AVOID CARBONATED BEVERAGES*****

*****AVOID DRINKING THROUGH A STRAW*****

EMERGENCY AFTER HOURS:

DR. IRVING: (780) 940-6404

DR. HONE: (780) 994-8118

DR. DESROSIERS: (780) 940-2789

DR. SIMONAR (780) 288-6042

