

POND SQUARE DENTAL

POST-SURGICAL INSTRUCTIONS

- Avoid consuming hot or warm food and beverages for 48h after the procedure. Heat provokes bleeding.
- Avoid creating negative pressure like spitting or using a straw, for 48h after the procedure. Negative pressure provokes bleeding.
- Use ice for 10 min on and 10 min off for the first 24h after the procedure to minimise swelling. If swelling develops, it will peak 2-3 days after the surgery. This is normal.
- If swelling develops it will regress in 5-7 days.
- Avoid pulling the lips and cheeks to check the surgery site, the tension may result in tearing of the sutures and premature exposure of the surgery site.
- For the two weeks following the procedure, stick with the soft diet, avoiding sharp, crunchy and spicy foods. Avoid eating on the surgery site.
- Brush your teeth as normal, but refrain from brushing the surgical site for 2-3 weeks. Do not floss or use interproximal brushes at the surgical site for a minimum of 2-3 weeks.
- Use Curasept (or Corsodyl gel) and/or salt-water mouthwash twice a day for 2 weeks or until the sutures are removed by your dentist.
- Take antibiotics if prescribed as per doctors recommendations.
- Use pain control medication as per doctors recommendations.
- In the occurrence of postoperative severe bleeding, use wet gauzes to apply pressure for a minimum of 30 minutes. Repeat if necessary.

LOVE YOUR SMILE