

North London Dental Post-Surgical instructions

Pain

- Some discomfort should be expected
- Follow the directions on your prescription (if one given)
- To prevent a possible infection, rinse frequently with warm salty water (1/2 tsp. Salt in 1 cup water) in 48 hrs.

Swelling

- Ice packs (10 mins on and 10 mins off for 2-3 hours) will help reduce swelling inflammation and pain.
- To be effective, the ice must be applied immediately upon reaching home.

Bleeding

- Some oozing may occur over the first 24 hours
- If significant bleeding occurs, use the gauze provided: bite on wet gauze for 15-20 mins.

Food and Drink

- Avoid vigorous rinsing or eating hot foods for the rest of the day
- Eat soft, cool foods (e.g. milkshakes, yogurt, cottage cheese, tuna fish, applesauce)
- Do not smoke, smoking greatly increases the possibility of extraction infection or dry socket. Avoid using a straw as well.

Stitches

- If stitches were placed, these dissolve on their own 7-10 days.

IN CASE OF EMERGENCY

- Should severe, bleeding or other complications occur, or if you have any questions, please call:

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