



## Centre dentaire de La Rive

### **INSTRUCTIONS TO FOLLOW**

#### **At home, after an extraction**

For 48 hours, spitting, rinsing or drinking through a straw is not recommended to avoid sucking movement. After brushing, let the excess flow over the sink instead of spitting. Avoid foods that are too hot and too spicy.

Also avoid physical efforts such as training, sport and refrain from lifting heavy weights for 48 hours.

### **WHAT TO DO IN CASE OF BLEEDING**

Place a small, clean, folded gauze pad on the alveola (wound). Clench your teeth to exert light pressure on the wound and hold it for 30 minutes. Repeat until the bleeding stops.

### **TO PREVENT SWELLING**

Put ice covered with a damp cloth, on the cheek for 5 minutes every hour, repeat 2 to 3 times. After a complex extraction, swelling is frequent and one should not be alarmed.

### **WHAT TO DO TO RELIEVE THE PAIN**

Take pain relievers as recommended. The analgesic of choice is acetaminophen (tylenol), because it does not interfere with coagulation as can analgesics of type ASA (Aspirin, anacin, etc.)