



# Clinique de Gervais & a

6900 boul. Cousineau, suite 101, St-Hubert, Qc J3Y 8Z4  
Tél : 450-656-5016 Fax : 450-656-2173  
[cliniquejeangervais@gmail.com](mailto:cliniquejeangervais@gmail.com)

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Dear patient,

After oral surgery, please take note the following care instructions to aid in your recovery:

1. For the next 24 hours, apply ice every 15 minutes ( not directly on the skin). This minimizes swelling.
2. Do not rinse or spit for the first day.
3. Sleep with head elevated for the first night.
4. Eat only soft foods, and nothing spicy.
5. Drinks lots of water or fruit juice.
6. Do not smoke for the 24-48 hours after extraction, or consume any alcohol or hot liquids.
7. After 24 hours, if swelling remains, stop applying ice and apply hot our humid face cloths.
8. For the next few days don't do any physical activity.
9. Take medication as directed, even if your pain is gone you must finish all the medication. First night 2 times, the second night one time.
10. Slight bleeding is normal. If excessive bleeding occurs, contact our dentist or doctor.
11. One week after your surgery you must return for a verification.

Get well and see you soon

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