

## INSTRUCTIONS FOR DENTAL SURGERY

Please be advised that those instructions are to be followed in order to guarantee the efficiency of your treatment.

If you have any questions, please contact our secretary's office either by phone at 01.40.70.95.64 or by email at smileclinicparis@gmail.com.

### BEFORE THE DAY OF SURGERY

1. BEFORE surgery

Anticipate the effects of the surgery by being well rested, having a healthy diet, taking your medication and/or dietary supplements. Buy your medicine, as well as food easily consumed warm, freezer bags and ice cubes which will be used to create makeshift ice packs.

2. DAY OF SURGERY

Take a significant breakfast to prevent hypoglycemic vasovagal syncope (or at least a regular breakfast), and keep on taking the medicine you were prescribed. Do not come without having eaten or drunk anything!

3. If your surgeon gave you a prescription on your first appointment, make sure to follow the instructions indicated on the aforementioned prescription.

4. Make sure to thoroughly brush your teeth, your tongue, as well as your gum before surgery. The day of the surgery, we recommend you to have a makeup-free and/or shaven face.

5. Tobacco and alcohol are strongly not recommended. Nicotine in all shape or form, including patches, should be avoided. We advise you to stop smoking a minimum of 2 months before surgery, and 3 months after surgery.

### POST SURGERY

1. For the 24 hours following surgery:

- Do not spit, rinse your mouth or brush your teeth around the area which received surgery.
- Do not smoke, avoid drinking alcohol
- Prefer cold food over warm food

All of these recommendations allow for a steady recovery and to prevent bleeding.

2. Keep taking your medication like indicated on your prescription. Systematically take the analgesic medicine prescribed by your surgeon for at least 48 hours in order to prevent pain.

3. For bone graft surgery : A resting period of 10 days is advised. You can keep on working, but avoid physical activity. If possible, try to have your head slightly elevated at night time.

Brush your teeth with a post-surgery toothbrush for 10 days.

4. For gum graft surgery: refrain from touching or chewing around the the diseased area  
Keep the fake palate even while eating for 10 to 15 days. This fake palate should be cleaned after each meal, except for the first 3 days following your surgery.
  
5. Teeth brushing adjustment for the first 3 weeks :
  - 10 first days : Apply HYALUGEL spray 4 to 5 times a day on the treated area ;
  - 10 to 21 days : Apply ELUGEL on the grafted area ;
  - Starting day 21 : brush your teeth with a post-surgery toothbrush for a month ;

The Smile Clinic team wishes you a successful and pleasant treatment, and remains available for any further information.