



Brentwood Mall
205a- 4567 Lougheed Hwy
Burnaby, B.C.
V5C 3Z6
604- 299- 2727

INSTRUCTIONS FOLLOWING Post Gum Surgery Care

Apply ice externally to the area, keeping the ice moving around the area (10 minutes on, 10 minutes off)

Do not eat hot or spicy foods and avoid tart or citrus foods for 48 hours following surgery

Avoid brushing, flossing and gargling in the surgical area today

All other areas of the mouth can be brushed after 24 hours taking care not to entangle the bristles in the suture(S) **DO NOT BRUSH IN THE SURGERY AREA FOR AT LEAST 1 WEEK.**

Take antibiotics or other medication that has been prescribed

Gargle gently with mouthwash (if prescribed) after 24 hours

Contact the office incase of fever, persistent pain or swelling occurs